

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: Health & Nutrition

CODE NO, . : HDG 117 SEMESTER;

PROGRAM: Native Community Worker

AUTHOR: Fran Rose

DATE: Winter 1992 PREVIOUS OUTLINE DATED: Winter 1991

APPROVED:

Naaean^och  
Dean, School of Arts  
& Gen. Education

Date

**COURSE NAME:** Health & Nutrition

**CODE NO. HDG 117**

**TOTAL CREDIT HOURS:**

**PREREQUISITE(S):** None

### **Course Outline**

#### **I, Philosophy and Goals**

This course involves the study of health issues, identifying specifically the physical, emotional, social, intellectual and spiritual dimensions of health. The student will develop an understanding of the variables that control the quality of health including personal choices and behaviours, socio economic and environmental circumstances.

#### **JI. STUDENT PERFORMANCE OBJECTIVES:**

Upon successful completion of this course the student will:

- 1) Demonstrate an understanding of the concept of a healthy lifestyle.'
- 2) Demonstrate an understanding of the effects of healthy and unhealthy choices.
- 3) Demonstrate an understanding of the causations of disease.
- 4) Demonstrate an understanding of environmental and consumer choices that may effect health.
- 5) Demonstrate an understanding of the role of the helper in maintaining or improving the health of a community.

#### **Methodology**

The student will gain knowledge and understanding of health and nutrition through research, presentations, group discussion, audiovisual presentations and guest speakers.

## W LEARNING ACTIVITIES

Required Text: Focus on Health, Hahn D. & Payne, W., 101516, Mosby  
Year Book.

- |    |   |                          |
|----|---|--------------------------|
| 1) | The concept of health   | Focus on Health<br>Mosby |
| 2) | Physical & Mental Health<br>the basics of<br>stress management<br>spiritual needs<br>physical fitness<br>nutrition<br>weight management | Chapter One              |
| 3) | Drug alcohol dependency   | Chapter 6-8              |
| 4) | Disease<br>cardiovascular disease<br>non-infections disease<br>infections disease   | Chapter 9-11             |
| 5) | Sexuality   | Chapter 12 - 14          |
| 6) | Consumerism and the<br>Environment  | Chapter 15 & 16          |
| 7) | Aging   | Chapter 17               |

### Evaluation

Participation	10%
Seminar 2/group (factor affecting personal health)	20% presentation 5% paper
Personal Paper (factors affecting the health of a family)	20% paper 5% presentation
Midterm test	25'
Case Study	15'
	100%