

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

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COURSE OUTLINE

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COURSE TITLE: HEALTH AND NUTRITION

CODE NO: HDG 117

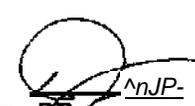
SEMESTER: II

PROGRAMME: NATIVE COMMUNITY WORKER

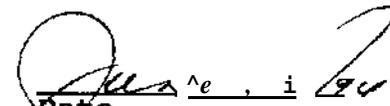
AUTHOR: LINDA TOZER - JOHNSTON

DATE: JAN. 1995

PREVIOUS OUTLINE DATED: JAN. 1994

APPROVED: 
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Date Jan . i 94

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45

TOTAL CREDIT HOURS

PREREQUISITE^): NONE

I. PHILOSOPHY/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.

A focus for this course will be nutrition. Food composition, selection and preparation will be studied. This introductory course provides nutrition information which students can apply in their personal and professional life.

II. 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 health and unhealthy choices.
- 3) Demonstrate an understanding of the essential components of nutrition.
- 4) Demonstrate an understanding of how nutritional needs can be met for individuals with varied lifestyles.
- 5) Demonstrate an understanding of the causation of common diseases.
- 6) Demonstrate an understanding of environmental and consumer choices that may affect health.
- 7) Demonstrate an understanding of the role of the Native Community Worker in maintaining or improving the health of a community.

III. TOPICS TO BE COVERED:

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

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IV. LEARNING ACTIVITIES

REQUIRED RESOURCES

Components of Health:

- a) definitions of health
- b) psycho-spiritual-social emotional and physical components of holistic health.
- c) relationship of medicine wheel teaching to holistic health.

Chapter 1
"Health: Support for Your Future"

Physical and Emotional Health:

- a) emotional health
 - defining mental health
 - role of spirituality
 - stress management strategies
 - relationship between emotional and physical health
- b) physical fitness
 - benefits of physical fitness
 - developing physical fitness
 - principles of fitness development
- c) role of nutrition and diet to your health
 - essential nutrients
 - dietary sources of essential nutrients
 - Use of Canada's Food Guide to analyze nutritional intake
 - dietary trends and variations
 - use of a dietary log/diary
- d) weight management
 - lifetime eating needs and habits
 - varying needs with growth and development
 - fad diets
 - healthy weight management
- e) use of tobacco
 - reasons for use
 - side effects of tobacco use
 - relationship between spiritual use of tobacco and tobacco dependence

Chapter 2, 3
"Achieving Emotional Maturity: Keys to Your Mental Health"
"Stress: Managing the Unexpected"

Chapter 4
"Physical Fitness: Enhancing Work, Study and Play"

Chapter 5
"Nutrition: The Role of Diet in Your Health"

Traditional Meal Assignment and Nutrition test

Chapter 6
"Healthy Weight: Sensible Eating and Regular Exercise"

Chapter 9
"Tobacco Use: A Losing Choice"
and
class discussion

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IV,

LEARNING ACTIVITIES

REQUIRED RESOURCES

Diseases Which Affect Healthy Coping

- a) Cardiovascular
- b) Diabetes
- c) Cancer
- premenstrual syndrome,
osteoporosis, allergies,
epilepsy and arthritis
- e) infectious diseases
 - the immune system
 - immunization
 - common infectious diseases
(management and prevention)

Chapters 10, 11, 12
"Cardiovascular Disease:
Turning the Corner"
"Cancer and Chronic
Conditions"
"Infectious Diseases: A
Shared Concern"

class discussion and
videos

Sexuality and Health

- a) normal reproductive systems
- b) norms of sexual behaviour
- c) planned parenthood
- d) overview of health pregnancy
- e) health care during pregnancy

Chapters 13, 14, 15
"Sexuality: Biological &
Psychological Origins"
"Sexuality: A Variety of
Behaviours and
Relationships"
"Fertility Management"
class discussion and
videos

Community Agencies Which Support Health

- a) selected agencies in Algoma
- b) role of community health
worker
- c) role of community health
nurse/clinic
- d) role of native healers and traditional
native medicine

Community Assignment
guest speakers
class discussion
Traditional Native
Medicine
Book Report and Case
Study Assignment

Assuming Self-Responsibility for Health

- a) consumerism
 - becoming a wise consumer
 - over-the-counter medicines
 - health care delivery
- b) environmental factors
 - influence of pollution on
health
 - effects of lifestyle and culture

Chapters 16, 17
"Consumerism and Health
Care"
"Environment: Influences
from the World Around
Us"

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V. EVALUATION METHODS Continued . . . (includes assignments, attendance requirements, etc.)

Assignments which are late will be given a mark of zero. Extensions of assignment due date may be granted upon discussion with the instructor PRIOR to due date.

Multiple choice tests CANNOT be re-written in order to obtain a higher grade. The test may be re-scheduled at the instructor's discretion, for substantial and substantiated reasons for absence on test day. The instructor MUST be notified of absence prior to scheduled test time in order to be eligible for a re-write. Students who do not call in regarding absence prior to a scheduled test will receive a mark of zero. Students who miss a test MUST make re-scheduling arrangements directly and immediately with the instructor upon return.

College Evaluation System:

Letter grades, for transcript purposes, will be calculated as follows:

90% - 100% = A+
80% - 90% = A
70% - 80% = B
60% - 70% = C

Less than 60% = R (Repeat of the Course)

VI_ REQUIRED STUDENT RESOURCES:

Hahn D. and Payne W., 1994, Second Edition, Focus on Health, Mosby Year Book Inc., Toronto.

VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY BOOK SECTION, ON RESERVE or via INTER LIBRARY LOAN: (title, publisher, edition, date, library call number if applicable)

- (1984) Nuxalk Food and Nutrition Handbook, Ottawa, Canada: Health and Welfare Canada
- (1985) Native Foods and Nutrition. Medical Services Branch, Ottawa, Canada: National Health and Welfare
- (1989) Promoting Nutritional Health During the Preschool Years: Canadian Guidelines, Ottawa, Canada: National Institute of Nutrition.

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- VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY
BOOK SECTION, ON RESERVE or via INTER LIBRARY LOAN Continued . . .
(title, publisher, edition, date, library call number if applicable)
- (1990) Research Horizons, Toronto, Canada: Canadian Diabetes Association.
- (1991) Guide to Nutrition Labelling, Ottawa, Canada: Minister of Supply and Services
- (1991) Using the Food Guide, Minister of Supply and Services Canada, Ottawa, Canada: Health and Welfare Canada
- (Aug. 1990)
Know Your Blood Pressure: Understanding High Blood Pressure, Ottawa, Canada: Heart and Stroke Foundation of Canada
- Ayer, W. & Browne, L. (1988). Modern Drugs from Plants, Boreal Institute of Northern Studies, Edmonton, Alberta: University of Alberta
- Desmore, F. (1974). How Indians Use Wild Plants for Food, Medicine and Crafts, New York: Dover Publications Inc.
- Dietary Fat and Your Health, Montreal, Quebec: Becel, Canada
- Dunne, Joanne (1977). Indigenous North American Wild and Cultivated Plant Foods, Ottawa, National Indian Brotherhood.
- Gregory, D. & Stewart, P. (Sept. 1987). Nurses and Traditional Healers: Now is the Time to Speak, The Canadian Nurse, 83(8), 25
- Hutchens, Alma R. (1983). Indian Herbology of North America, 9th edition, Windsor, Ontario, Merco Press.
- Kavasch, Barrie (1979). Native Harvests: Recipes and Botanicals of the American Indian. New York, Random House
- Kimball, Yeffe, & Jean Anderson (1965). The Art of American Indian Cooking. Garden City, New York, Doubleday and Company.
- Lawn, J. & J. Steckle (1985). Handbook of Nutrition Education Methods Used Successfully in Indian and Inuit Communities. Ottawa, Ontario, Minister of Supply and Services.

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VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY
BOOK SECTION, ON RESERVE or via INTER LIBRARY LOAN Continued . . .
(title, publisher, edition, date, library call number if applicable)

Loucks, Bryan, & Casteliano, Marlene, Brant (1990). Traditional Indian Health Practices. Union of Ontario Indians, North Bay.

MacKenzie, Katerine. Manomin Wild Rice: A Recipe Book and History of Wild Rice. Ontario Ministry of Northern Affairs, Toronto, Ontario.

Mala, T. (1988). Traditional versus Non-Traditional Medicine: Must One Die for the Other to Exist, Health Care Issues in the Canadian North, pp. 44-47

Malloch, L. (1989). Indian Medicine, Indian Health: A Study Between Red and White Medicine, Toronto: Canadian Woman Studies, York University

McLeod, B. (1992). Managing Your Diabetes, Toronto, Canada: Eli Lilly Canada Inc.

Melgrave, Claudine. Indian Herbal Remedies. Okanagan Indian Band, Okanagan, British Columbia.

Morse, J., Young, D. & Swartz, L. (1991). Cree Indian Healing Practices and Western Health Care: A Comparative Analysis, Social Science and Medicine, 32(12)

Murphey, Edith Van Allen, (1990). Indian Uses of Native Plants. Glenwood, Illinois, Meyerbooks

Nichols, M. (11/04/1988). Engineers of the Mind, MacLean's, pp. 40-51

O'Neil, J. (1988). Referrals to Traditional Healers: The Role of Medical Interpreters. Boreal Institute for Northern Studies, Edmonton, Alberta: University of Alberta

Olsson, K. (Feb., 1989). Caribou Bones and Labrador Tea, The Canadian Nurse, 20

Ruggiero, Michael A. (1985) The Rural and Native Heritage Cookbook, Volume 1, "The Gathering". Burleigh Falls, Ontario, Lovesick Lake Native Women's Association.

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VII. ADDITIONAL RE SOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY

BOOK SECTION, ON RESERVE or via INTER LIBRARY LOAN Continued . . .
(title, publisher, edition, date, library call number if applicable)

Shestowsky, B. (1992). Traditional Medicine and Primary Health Care Among Canadian Aboriginal People, prepared for the Indian and Inuit Nurses, Ottawa, Canada: Aboriginal Nurses Association of Canada.

Sun Bear Tribe, Ed(s) (1988). The Bear Tribe's Self-Reliance Book, Spokane, Washington: Prentice Hall Press

Swartz, L. (1988). Healing Properties of the Sweatlodge Ceremony. Boreal Institute for Northern Studies, Edmonton, Alberta: University of Alberta

Turner, N. & Szczawinski, A. (1979). Edible Wild Fruits and Nuts of Canada, 3rd ed., Ottawa: National Museums of Canada.

Van Allen Murphy, Edith (1990). Indian Uses of Native Plants. Glenwood, Illinois, Meyerbooks.

Weiner, M. (1980). Earth Medicine - Earth Food: Plant Remedies, Drugs and Natural Foods, 2nd ed., New York: Fawcett Columbine.

Wolf, A. (1975). Teachings of Nature, Calgary, Alberta: Northwest Printing and Lithographing.

Young, D., Ingram, G., & Swartz, L. (1989). Cry of the Eagle: Encounters with a Cree Healer, Toronto, University of Toronto Press

VIII. SPECIAL NOTES

Students with special needs (eg: physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

*** ALL STUDENTS MUST ATTEND 50% OF THE CLASSES TO OBTAIN A PASSING GRADE.