UNIVERSITY COLLEGE of the FRASER VALLEY

PAC FORM #2

COURSE IMPLEMENTATION DATE: { Sep-03 }
COURSE REVISED IMPLEMENTATION DATE: { Sep-03 }
COURSE TO BE REVIEWED: { Sep-07 }
(Four years after implementation date)

OFFICAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and material will vary - see course syllabus available from instructor

FACULTY/DEPARTMENT: PRACTICAL NURSING - HEALTH SCIENCES

PNUR 100		2
COURSE NAME/NUMBER	**FORMER COURSE NUMBER**	**UCFV CREDITS**

HEALTH I
COURSE DESCRIPTIVE TITLE

CALENDAR DESCRIPTION:

This course introduces learners to the concept of health as a dynamic, non-static process. Viewed within the context of Canadian society, health is seen as a holistic process on which our daily choices have a significant effect. The integration of body, mind, and spirit will be examined in order to develop an appreciation for the idea that everything we do, think, feel, and believe has an impact on our health. This course will examine six dimensions of the individual's health, each of which impacts well-being. Growth and development theory and health promotion strategies will be reviewed across the lifespan.

PREREQUISITES: Admission to the Practical Nursing program

COREQUISITES: PNUR 101, 102, 103, 104, 105, 106

SYNONYMOUS COURSE(S)

(a) Replaces: N/A *(Course #)*

(b) Cannot take: N/A *(Course #)* for further credit

SERVICE COURSE TO:

N/A *(Department / Program)*

N/A *(Department / Program)*

TOTAL HOURS PER TERM: 63

STRUCTURE OF HOURS:

Lectures:	63 hrs.
Seminar:	hrs.
Laboratory:	hrs.
Field Experience:	hrs.
Student Directed Learning:	hrs.
Other (Specify):	hrs.

TRAINING DAY-BASED INSTRUCTION

LENGTH OF COURSE: N/A

HOURS PER DAY: N/A

MAXIMUM ENROLMENT: 24

EXPECTED FREQUENCY OF COURSE OFFERING: Once Yearly

	YES	NO
WILL TRANSFER CREDIT BE REQUESTED?: (Lower-level courses only)		X
WILL TRANSFER CREDIT BE REQUESTED?: (Upper-level requested by department)		X
TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:		X

AUTHORIZATION SIGNATURES:

Course designer(s): *Hannah MacDonald*

Chairperson: *(Curriculum Committee)*

Department Head: *Wanda Gordon*

Dean: *Jacalyn Snodgrass*

PAC Approval in Principle Date: *(type date in this field)*

PAC Final Approval Date: *28-May-03*

PNUR 100

COURSE NAME / NUMBER

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

At the conclusion of this course, students will:

1. Develop an understanding of the concept of health as a holistic process.
2. Describe the role of the health care system as a resource to health.
3. Define health promotion.
4. Examine the role of nutrition in health promotion.
5. Explain the impact of health promotion strategies on the mind, body, and spirit.
6. Describe the physical, cognitive, psychosocial, spiritual, cultural and environmental dimensions of the individual's health.
7. Apply theories and concepts of growth and development as they pertain to health promotion strategies across the lifespan.

METHODS:

Small group work
Discussion
Case analysis
Lecture

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR **YES X** **NO**

METHODS OF OBTAINING PLAR:

To be developed

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

Edelman, C. & Mandle, C. (2002). *Health promotion throughout the lifespan*. (5th ed.). St. Louis: Mosby Inc.
Leifer, G. (2003). *Introduction to maternity & pediatric nursing* (4th ed.). St. Louis: Saunders.
Potter, P.A. & Perry, A.G. (2003). *Basic nursing: Essentials for practice* (5th ed.). St. Louis: Mosby Inc.

SUPPLIES / MATERIALS:

None

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

Growth & Development Assignment	25%
Midterm Exam	35%
Final Exam	40%
Total	100%

PNUR 100
COURSE NAME / NUMBER

COURSE CONTENT:
[Course content varies by instructor. An example of course content might be:]

Concepts of Health within Canadian Society
- Concept of health
- Overview Canadian Health Care System
- Health Care consumerism

Health Promotion
- Definition of health promotion
- Impact of health promotion strategies

Healthy Lifestyle and the Individual
- Healthy lifestyle behaviours
- Lifestyle choices and impact on lifestyle-related diseases
  - Stress management, physical fitness, sexually transmitted diseases, addictions, communicable childhood diseases
- Nutritional Practices
- Cultural and ethnic influences

Individual
- Physical, cultural, psychosocial, spiritual, cognitive, and environmental dimensions of individual's health

Lifespan: Growth and Development
- Theories/concepts of growth and development
- Stages of growth and development
- Family structure
- Impact of issues such as child abuse