



# COURSE OUTLINE

**Course Name:** Lifestyle and Choices

**Course Number:** HRCA 1103

**Number of Credits:** 1.5

**Effective Date:** September 2018

**Course Description:**

This course introduces students to a holistic concept of health and the components of health-enhancing lifestyle. Students will be invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Students will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

**School or Centre:**

Health Sciences

**Year of Study:**

1st Year Post-secondary

**Course History:**

Revised Course

**Name of Replacing Course (if applicable):**

**Course Pre-requisites (if applicable):**

Admission to the Health Care Assistant/ESL program

**Course Co-requisites (if applicable):**

ELSK 0701, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1130, HRCA 1140

**PLAR (Prior Learning Assessment & Recognition)**

No  Yes (details below):

### **Instructional Strategies:**

Lecture  
Variety of group activities  
Online activities

### **Course Learning Outcomes:**

Upon successful completion of this course, students will be able to:

1. Discuss the interrelationship of physical, social, cognitive, emotional and spiritual dimensions and the Determinants of Health.
2. Display an understanding of how lifestyle choices and behaviours contribute to physical, psychological, social, cognitive and spiritual health.
3. Display an understanding of the complexity of the change process in relation to health promotion.

### **Program Learning Outcomes:**

Upon completion of the Health Care Assistant/ESL Program, graduates will be able to:

1. Provide person-centred care and assistance that recognizes and respects the uniqueness of each individual client.
2. Use an informed problem-solving approach to provide care and assistance that promotes the physical, psychological, social, cognitive and spiritual well-being of clients and families.
3. Provide care and assistance for clients experiencing complex health challenges.
4. Provide care and assistance for clients experiencing cognitive and/or mental health challenges.
5. Interact with other members of the healthcare team in ways that contribute to effective working relationships and the achievement of goals.
6. Communicate clearly, accurately and in sensitive ways with clients and families within a variety of community and facility contexts.
7. Provide personal care and assistance in a safe, competent and organized manner.
8. Recognize and respond to own self-development, learning and health enhancement needs.
9. Perform the care provider role in a reflective, responsible, accountable and professional manner.

## Evaluation/Grading System

Grading System	Specify if 'Other':	Specify Passing Grade:
Letter Grades		C+ = 64%

## Components and Weighting of the Assessment/Evaluation Plan:

Type	Percentage	Evaluation Plan (provide a brief explanation for each component especially if value exceeds 35%):
Assignments	30	Written assignment
Assignments	35	Written assignment
Exam	35	Multiple choice exam
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<b>Total</b>		<b>100</b>

## Learning Environment/Type

Instruction Type	Hours Per Instruction Type	Comments
L - Classroom	30	
<b>Total</b>		<b>30</b>

## Resource Material(s):

Resources are items in addition to tuition that the student is responsible for purchasing. Course resource information will be supplied by the department/instructor.

**Course Topics:**

1. Understanding Health
2. Components of Health
3. Lifestyle Change

## **VCC Education and Education Support Policies**

There are a number of **Education** and **Education Support** policies that govern your educational experience at VCC, please familiarize yourself with them.

The policies are located on the VCC web site at:

<http://www.vcc.ca/about/governance--policies/policies/>

To find out how this course transfers, visit the BC Transfer Guide at [www.bctransferguide.ca](http://www.bctransferguide.ca).

### **FOR COMMITTEE USE ONLY**

<b>Approved by Curriculum Committee:</b>	May 15, 2018	<b>Approved by Education Council:</b>	
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