



# COURSE OUTLINE

**Course Name:** Common Health Challenges

**Course Number:** HRCA 1226

**Number of Credits:** 4.0

**Effective Date:** Sep 1, 2016

**Course Description:**

This course introduces students to the normal structure and function of the human body and normal bodily changes associated with aging. Students will explore common challenges to health and healing in relation to each body system. Students will also be encouraged to explore person-centred practice as it relates to the common challenges to health and, in particular, to end-of-life care.

**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):**

Completion of the following courses in the Health Care Assistant/ESL program: ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1131, HRCA 1135

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

ELSK 0702; HRCA 1224; HRCA 1232

**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. Display an understanding of the structure and function of the human body and normal changes associated with aging.
2. Display a sound understanding of common challenges to health and healing.
3. Discuss nutrition as it relates to healing.
4. Describe ways to organize, administer and evaluate person-centred care and service for clients experiencing common health challenges.
5. Demonstrate an understanding of the components of person-centred end-of-life care for clients and families.

### **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%):
Quizzes/Tests	20	Multiple choice exam
Quizzes/Tests	20	Multiple choice exam
Final Exam	20	Multiple choice exam
Assignments	20	Meal Planning assignment
Assignments	20	Group Presentation
<b>Total</b>		<b>100</b>

## Learning Environment/Type

Instruction Type	Hours Per Instruction Type	Comments
L - Classroom	120	
<b>Total</b>		<b>120</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. Medical Terminology.
2. Structure and function of the human body.
3. Challenges to health and healing.
4. Nutrition and Healing.
5. End-of-Life Care.

## **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>	Dec. 15, 2015	<b>Approved by Education Council:</b>	Jan. 12, 2016
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