



v c c . c a

CAAW 0634: Personal Awareness & Wellness

EFFECTIVE DATE

September 2017

DEPARTMENT

Community & Career Education

DESCRIPTION

This course develops students' concepts and vocabulary around health and wellness, which they can then apply to meeting their personal, educational, and employment goals. This course is part of the Career Awareness program.

CREDITS

4.0

YEAR OF STUDY

PREREQUISITES

Admission to the Career Awareness Program

COREQUISITES

None

COURSE LEARNING OUTCOMES

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

- describe the inter-relationship of mental, emotional, physical and spiritual health
- explain the relationship between positive health behaviors and the prevention of injury, illness and disease
- identify strategies for reducing risks related to unhealthy behaviors and attitudes affecting physical health
- demonstrate a practical knowledge of the main areas of health and wellness
- identify community resources for health maintenance in independent living including resources for assistance, benefits, and goal achievement
- demonstrate a greater understanding of personal health and/or disability
- participate in decision making and set goals in health management, nutrition, fitness, stress management and leisure

PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

None

HOURS

Lecture: 80

INSTRUCTIONAL STRATEGIES

lectures, presentations, demonstrations, discussion groups, case studies, field assignments and independent or group projects, field practicum, audio visual and web related materials, individualized and group tutorial

GRADING SYSTEM

Satisfactory/Unsatisfactory

PASSING GRADE

S- Satisfactory=50%

EVALUATION PLAN

Type	Percentage	Assessment activity
Assignments	15	in class assignments and projects
Quizzes/Tests	30	
Final Exam	10	
Participation	20	
Other	25	observation of demonstrated skills - checklist

COURSE TOPICS

- Common stressors and strategies for stress management
- Inter-relationship of mental, emotional, physical and spiritual health
- Positive health behaviors and the prevention of injury illness and diseases
- Strategies for reducing risks related to unhealthy behaviors and attitudes affecting physical health
- Community resources for health maintenance and leisure, including legal, medical and recreational services
- Decision making & setting goals in health management, nutrition, fitness, stress management, leisure building self esteem
- Dealing with change
- Personal and workplace values, learning styles, and disability awareness
- Personal based and social based resources including family and friend relationships and spiritual supports

- Respectful interactions in a diverse multi-cultural learning/work environment
- Appropriate interpersonal skills for success with supervisors, co-workers, and customers

LEARNING RESOURCES

None

Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

Broadway campus

1155 East Broadway
Vancouver, B.C. Canada
V5T 4V5

Downtown campus

250 West Pender Street
Vancouver, B.C. Canada
V6B 1S9

Annacis Island campus

1608 Cliveden Avenue
Delta, B.C. Canada
V3M 6P1

604.871.7000

VCC.ca

Generated at: 8:36 am on Apr. 10, 2021