



COURSE OUTLINE

SCHOOL OF NURSING

COURSE NAME: Health and Wellness

COURSE CODE: GSCI 1020

CREDIT HOURS: 42

PREREQUISITES: PSW Certificate

COREQUISITES: Life Span Development

PLAR ELIGIBLE: YES (X) NO ()

EFFECTIVE DATE: January 2010

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NOTE TO STUDENTS: Academic Departments at George Brown College will NOT retain historical copies of Course Outlines. We urge you to retain this Course Outline for your future reference.

FOR OFFICE USE ONLY		
ORIGINATOR:	_____	_____
	SIGNATURE	DATE
CHAIR:	_____	_____
	SIGNATURE	DATE
DATE OF REVISION:	_____	

EQUITY STATEMENT: George Brown College values the talents and contributions of its students, staff and community partners and seeks to create a welcoming environment where equity, diversity and safety of all groups are fundamental. Language or activities which are inconsistent with this philosophy violate the College policy on the Prevention of Discrimination and Harassment and will not be tolerated. The commitment and cooperation of all students and staff are required to maintain this environment. Information and assistance are available through your Chair, Student Affairs, the Student Association or the Human Rights Advisor.

George Brown College is dedicated to providing equal access to students with disabilities. If you require academic accommodations visit the Disability Services Office or the Deaf and Hard of Hearing Services Office on your campus.

STUDENT RESPONSIBILITIES: Students should obtain a copy of the *Student Handbook* and refer to it for additional information regarding the grading system, withdrawals, exemptions, class assignments, missed tests and exams, supplemental privileges, and academic dishonesty. Students are required to apply themselves diligently to the course of study, and to prepare class and homework assignments as given. Past student performance shows a strong relationship between regular attendance and success.

COURSE DESCRIPTION:

Health is clearly one of the most cherished values held by Canadians. This course examines the meaning of health in relation to a holistic view of wellness across the human life span.

Biological, socio-cultural variables, and lifestyle choices that impact health will be critically examined. The many complex and interrelated aspects of physical, psychological, and spiritual wellness will be studied as they pertain to individual behaviour and life satisfaction.

ESSENTIAL EMPLOYABILITY SKILLS:

As mandated by the Ministry of Training, Colleges and Universities essential employability skills (EES) will be addressed throughout all programs of study. Students will have the opportunity to **learn (L)** specific skills, to **practice (P)** these skills, and/or **be evaluated (E)** on the EES outcomes in a variety of courses. The EES include communication, numeracy, critical thinking & problem solving, information management, interpersonal and personal skills. The faculty for this course has indicated which of the EES are either Learned (**L**), Practiced (**P**) or Evaluated (**E**) in this course:

Skill	L	P	E	Skill	L	P	E
1. communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience	X	X	X	7. locate, select, organize and document information using appropriate technology and information sources	X	X	X
2. respond to written, spoken or visual messages in a manner that ensures effective communication	X	X	X	8. show respect for the diverse opinions, values, belief systems, and contributions of others	X	X	X
3. execute mathematical operations accurately	X	X	X	9. interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals	X	X	X
4. apply a systematic approach to solve problems	X	X	X	10. manage the use of time and other resources to complete projects	X	X	X
5. use a variety of thinking skills to anticipate and solve problems	X	X	X	11. take responsibility for one's own actions, decisions and consequences	X	X	X
6. analyze, evaluate, and apply relevant information from a variety of sources	X	X	X				

COURSE OUTCOMES:

Upon successful completion of this course the students will have reliably demonstrated the ability to:

1. Define and discuss the concepts of holistic health and illness prevention.
2. Compare the influences and effects of micro and macro determinants of health.
3. Describe aspects of healthy living pertaining to the physical self, the emotional self, the psychological self, the sexual self, and the spiritual self.
4. Apply critical thinking in making healthy lifestyle choices in nutrition, fitness, stress management and relationships.
5. Evaluate strategies for maintaining health, including the use of complementary therapies, and prevention of infectious diseases.
6. Explain the development of the health care system in Canada, and critically assess the current challenges facing the system.
7. Recognize and respect the diversity of individuals and their right to make personal decisions about their health, wellness, illness, sexuality, spirituality, lifestyle, and dying trajectory.

DELIVERY METHODS / LEARNING ACTIVITIES:

The delivery methods for this course are drawn from a range of alternatives compatible with the principles of educational process identified in the College's General Education Task Force Report. They include the use of collaborative/cooperative learning, homework and assigned readings, self-reflection, interactive lecture with discussion, interactive lecture with Power Point, library research, group discussion, videos, and peer feedback.

LIST OF TEXTBOOKS AND OTHER TEACHING AIDS:

Required: Bennett, B., and Waterman L., (2010) *Wellness for GSCI 1020 and GSCI 1177*. Toronto. Nelson Education

TESTING POLICY:

Quiz dates will be announced one week in advance of the quiz by the professor. The professor will establish weekly office hours during the first class meeting so that students may seek individual help.

It is the responsibility of the student to ensure that he or she understands the evaluation system, and is cognizant of due dates for tests, quizzes and assignments

ASSIGNMENT POLICY:

Test and assignment dates are announced during the first class by the professor. It is the responsibility of the student to ensure that he or she understands the evaluation system, and is cognizant of due dates for assignments.

All out-of-class assignments must be word-processed and students are expected to use both spell checkers and grammar checkers to help correct errors before submission.

Assignments are due on the scheduled date at the beginning of the class and are to be handed in – not emailed. Marks will be deducted at the rate of 5% per day for late submission. As per nursing department policy, assignments will not be accepted once they are more than five days late. Please see the college and departmental policy regarding withdrawals, exemptions, attendance, missed assignments, missed tests, and supplemental exams.

EVALUATION SYSTEM:

Assessment Tool:	Description:	Outcome(s) assessed:	EES assessed:	Date / Week:	% of Final Grade:
Wellness Wheel	Student completes self- assessment questionnaire on 12 areas of Wellness, and then plots scores on a diagram. They then analyze the results and detail the steps that are required in order to meet these goals.	4,7	1,2,3,4,5,6,7,10,11	4	15
Quizzes	10 question quizzes to check retention and understanding of key concepts The best 6 out of 7* will be counted towards the final grade.	1,2,3 4,5,6,7	1,2, ,4,5,6,7,10	Various quizzes or in-class assignments will be interspersed throughout the semester	30
Term Test	The term test will consist of a combination of multiple choice and short answer questions covering all of the content taught up to this point.	1,2,4,5,6,7	1,2,4,5,6,7,10	9,10,11,12	25
Final Exam	A comprehensive test including multiple choice and short answer questions.	1,2,3,4,5,6,7	1,2,4,5,6,7,10	15	30
				TOTAL:	100%**

GRADING SYSTEM The passing grade for this course is: 50%.

***Because of the leniency of this grading system, it is the student’s responsibility to be in good attendance as there will be no make-ups for missed in-class quizzes or exercises.**

**** Please also note that because the pass mark for this course is lower than the Nursing Department’s passing grades, that there will be no Supplemental Exams in this course.**

A+	90-100	4.0	B+	77-79	3.3	C+	67-69	2.3	D+	57-59	1.3	Below 50	F	0.0
A	86-89	4.0	B	73-76	3.0	C	63-66	2.0	D	50-56	1.0			
A-	80-85	3.7	B-	70-72	2.7	C-	60-62	1.7						

Excerpt from the College Policy on Academic Dishonesty:
 The *minimal* consequence for submitting a plagiarized, purchased, contracted, or in any manner inappropriately negotiated or falsified assignment, test, essay, project, or any evaluated material will be a grade of zero on that material.
 To view George Brown College policies please go to www.georgebrown.ca/policies

TOPICAL OUTLINE:

Week	Topic / Task	Outcome(s)	Content / Activities	Resources
1	Course Introduction and Requirements, Wellness Wheel	1,2,3	Warm-Up Exercise on Defining Holistic Health and Its Critical Components	Course Outline Assignment Package Text – Chapter 1
2	Determinants of Health and Wellness	2	Genetic and Biological Factors Life Expectancy Rates Socio-Cultural Factors including Politics, Economics and Culture Video- Healing Spirit	Power Point with interactive lecture with discussion questions to provoke critical thinking after video Text- Chapter 1
3	Historical Evolution of the Canadian Health Care System	6	A Brief History of the Development of Scientific Medicine	Power Point to accompany interactive lecture
4	Current State of Allopathic Medicine	4,5,6	A Healthy Critique of Allopathy Video-The Inner Healer	Power Point to accompany interactive lecture Text- Chapter 13
5	The Basic Premises of Alternative and Complementary Therapies	5,6,7	The Need for Magic Along With the Medicine Critical Evaluation of online Health Sites	Power Point and group Discussion Text – Chapter 13
6	An Examination	5,6,7	Examples will be	Power Point

	of Other Health Care Systems		selected from some of the following Ayurveda, Acupuncture, Traditional Chinese Medicine, Aboriginal Healing etc.	Videos, Handouts Text- Chapter 13
7	Stress and Its Integral Relationship To Wellness and Illness	4,5	Hans Selye's theory of Stress and Stress Management Relaxation and Stress Management Techniques Video-"How to Lighten Your Load"	Stress Self Assessment Tests Video Text – Chapter 2
9	Physical and Emotional, Psychological Wellness- the Vital Mind-Body Connection	3,4,5,7	Self Concept and its Impact on Relationships Psychoneuroimmunology Immune Competent Personalities The Hardiness Concept Safe and Responsible Sexual Activity	PowerPoint and Interactive Lecture Student self-assessment tests on emotional wellness Text – Chapter 4 - Chapter 7
10	The Role of Nutrition in Promoting Health and Wellness	3,4,7,	Essential Nutrients Macronutrients: carbohydrates, proteins and fats Micronutrients: Vitamins, minerals, fibre, phytochemicals Canada's Food guide	Text- Chapter 5 Group exercises
11	Healthy Eating and Eating Disorders	3,4,7,	Body Image and Ideal Weight (BMI) North American Obesity Trends Anorexia and Bulimia The Fallacy of Fad Diets	Text- Chapter 5
12	Healthy Sexuality and Prevention of STD's	3,4,5,7	Different Infectious Agents and Methods of Spread Immunization and Prevention Risk Factors Reproductive and Urinary Tract Infections STI's and STD's	Text- Chapter 7 & 9
13	A Lifetime of Healthy Living	3,4,5,6,7	Successful Challenges of Aging Fears and Attitudes About Decline in Health	Class Notes

			and Function Dying Trajectories and Emotional Responses	
14	Spirituality and Finding Meaning in Life	3,7	Finding a Purpose and Meaning in Life V. Frankl – Man’s Search for Meaning. Walsh and Ruiz – Conversations with God and The Four Agreements	Power Point Value Clarification Exercises Video-The Power of Prayer Class Handouts Text- Chapter 16
15	Final Comprehensive Test	1,2,3,4,5,6,7		
<p>Please note: this schedule may change as resources and circumstances require.</p> <p>For information on withdrawing from this course without academic penalty, please refer to the College Academic Calendar: http://www.georgebrown.ca/Admin/Registr/PSCal.aspx</p>				