



PRACTICAL NURSING 102

Health Education: Individual Health and Wellness

September 6, 2012-October 26, 2012

Course Outline

Revised June 2012

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from NorQuest College to Keyano College, 2011

**HEALTH EDUCATION: INDIVIDUAL
HEALTH AND WELLNESS
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GENERAL LEARNING OUTCOMES

Upon successful completion of this course, the learner will meet the following outcomes:

1. Describe the concepts of health and wellness, health promotion and disease prevention.
2. Apply concepts of health and wellness to self.
3. Identify the benefits of a healthy lifestyle.
4. Implement a personal wellness plan.
5. Identify the various public and private agencies active in promoting health within the community.
6. Identify the principles of primary health care.
7. Identify strategies to prevent common health disorders.
8. Discuss the aging process and the strategies that can be adapted to promote healthy aging.

Instructional Methods

- This course uses a variety of teaching/learning methods including: discussion, experiential exercises, learner presentations, role-plays, case studies, lectures, reflection, , and group activities. These course activities provide the opportunity for learners to learn with and from others who are undergoing a similar learning experience.
- The course emphasizes pre-class preparation, participation in interactive classes, and post-class reflection and review. The learner is expected to take an active part in class discussions and take responsibility for his/her own learning. The instructor's role is to facilitate learning.

PRACTICAL NURSING PROGRAM POLICIES

Please refer to Keyano College Practical Nurse Handbook for specific Practical Nursing Program policies and to Keyano College Calendar for general College policies.

LATE POLICY FOR ASSIGNMENTS

All assignments are to be passed in at the time and place they are due. Please see timetable. Extensions on assignments may be granted and must be negotiated with the tutor prior to the due date and with a date specified for late submissions. If prior arrangements are not made, a penalty of a letter grade for each working day that an assignment is submitted after the due date will be deducted from the final grade i.e. an assignment graded at B would receive an adjusted grade of B- if handed in one day late; if two days late, the grade is adjusted to C+ etc.

SPECIALIZED SUPPORTS & DUTY TO ACCOMMODATE

DISABILITY SUPPORT SERVICES: LEARNER ASSISTANCE PROGRAM

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counselor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

SPECIALIZED SUPPORTS AND DUTY TO ACCOMMODATE

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.

OVERVIEW OF LEARNING EXPERIENCES

Students will work through 13 Units in the classroom. Units to be covered in Health Education: Individual Health and Wellness are:

Unit 1: Environmental Health

Unit 2: Determinants of Health

Topic 2.1: Understanding Determinants of Health

Topic 2.2: Elements of Health Behaviour

Unit 3: Stress Management and Psychosocial Health

Unit 4: Physical Activity

Unit 5: Managing Nutrition

Unit 6: Managing Weight

Unit 7: Relationships, Gender, Sexuality, and Fertility

Unit 8: Infectious and Major Diseases

Unit 9: Drugs, Tobacco, and Alcohol

Unit 10: Traditional and Contemporary Health-Care Approaches

Unit 11: Personal Safety

Unit 12: Healthy Aging

Unit 13: Spirit of Health and Wellness

To receive credit in Health Education: Individual Health and Wellness, the learner must complete all course requirements, which include two assignments and multiple choice one exam,. Course credit will not be given if only parts of the course have been completed.

DISTRIBUTION OF MARKS

To receive credit in PN 102 Health Education: Individual Health and Wellness, you will be required to complete two assignments and write a final exam.

Distribution of Marks

Assessment Method	Description	Value
Assignment 1	Scholarly paper – Analysis of community facilities related to two determinants of health	25%
Assignment 2	Scholarly paper – Implementation and evaluation of a personal wellness plan to adopt one new healthy behaviour	40%
Final Exam Cumulative; multiple-choice questions	Demonstrate knowledge of course content	35%

Total 100%

Passing Level and Grading Scale

A student must achieve a minimum grade of C- (1.7) or 60% to receive credit for PN 102 Health Education: Individual Health and Wellness.

Students must complete all assignments and the examination to receive a final course grade. Students will not be allowed to rewrite the assignments or exam to raise their course grade.

Refer to the Keyano College Calendar for information regarding grading scale, supplemental exams, extensions, and other program standard practices.

Important Additional Information

Note to all students: It is the student's responsibility to retain course outlines for possible future use in support of applications for transfer credit to other educational institutions.

COURSE ASSESSMENT

Assessment of your mastery of the content in this course will be determined through an analysis of your own community resources, a personal wellness plan and outcome evaluation, and a final cumulative exam.

Assignment 1 – Scholarly Paper: Analysis of Two Community Facilities Related to Two Determinants of Health

Due date: September 24th, 2012

Following Unit 3, complete the assignment and submit it to your instructor/tutor by the specified date. This scholarly paper assignment contributes **25%** towards your final course grade.

In this assignment, you will have the opportunity to do the following:

- Conduct a discovery tour of your community and identify facilities that relate to two determinants of health.
- Complete a Community Tour Form.
- Select and analyze two facilities according to two determinants of health.

Assignment 2 – Scholarly Paper: Part I – Adopting a New Healthy Behaviour Part II – Evaluation of Adopting a New Healthy Behaviour

Due date: September 24th, 2012

Following Unit 2, complete Part I of this assignment. Following Unit 10, complete Part II of this assignment. Submit each part of the assignment to your instructor/tutor by the specified date. This assignment contributes **40%** towards your course grade. Part I is worth 25% and Part II is worth 15%.

In this assignment, you will have the opportunity to do the following:

- Assess your health across the six dimensions of wellness.
- Apply a behaviour change process to develop a plan to adopt a new healthy behaviour.
- Evaluate the behaviour change process of adopting a new healthy behaviour.

Final Exam Friday, October 26, 2012

This is a cumulative multiple-choice exam that contributes **35%** toward your final course grade. It covers all course information from Unit 1 through Unit 13. Distance students must contact the program office to make arrangements to write the exam.

Assignment 1 – Scholarly Paper: Analysis of Two Community Facilities Related to Two Determinants of Health

Due date: September 24th, 2012

Instructions

This assignment focuses specifically on the following two of the twelve determinants of health:

1. Social support networks
2. Personal health practices and coping skills

This assignment consists of three steps:

Step 1: Discovery tour of your community

Step 2: Completion of the Community Tour Form

Step 3: Selection and analysis of two facilities according to the two specific determinants of health

The scholarly paper is to be no more than five to six pages in length and must be typewritten (word processed) following APA format. Refer to the marking guide at the end of this assignment. The page limit does not include the title page, appendix, or the reference list.

- No abstract is required for Assignment 1.
- Submit the Community Tour Form as Appendix A.
- Reference list should include brochures or information sheets about the two facilities.

Submit the Marking Guides with your assignment. See Appendix A

Step One: Discovery Tour of Your Community

Take a tour your community (if you live in a city) or the nearest town (if you live in a rural setting). Identify a minimum of four different facilities (fitness club, hospital, etc.) during your tour that relate to each of the two determinants of health (for a minimum total of eight facilities). The facilities can be traditional (medical clinic), non-traditional (health food store), public, private, and not for profit.

Step Two: Completion of the Community Tour Form

The Community Tour Form is a tool to document and organize your observations from the tour of your community. Include the following information on the Community Tour Form:

- Identify the name of the community or town observed on your tour.
- List the facilities found on your tour that are related to the two determinants of health:
1) social support networks, and 2) personal health practices and coping skills.

(You may find that one facility can be related to both determinants of health.)

This part of the assignment should be in point form and word processed using the Community Tour Form. Include this as Appendix A in your scholarly paper

Community Tour Form

Name of community or town toured:

Facilities related to the two determinants of health:

1. Social Support Networks

2. Personal Health Practices and Coping Skills

Step Three: Selection and Analysis of Two Facilities According to the Two Specific Determinants of Health

From the information on the Community Tour Form select the following:

- **One** facility related to the social support network determinant of health
- **One** facility related to the personal health practices and coping skills determinant of health

Ensure that you have selected two different facilities.

At this point, you will write your scholarly paper. Provide an analysis of each of the two facilities by addressing the following:

- Explain how each facility relates to the appropriate determinant of health. Support your explanation with evidence from the literature. Literature includes information found in the textbook, published articles, and reputable websites.
- Describe the services provided at each facility.
- Include the availability and cost to community members: access, hours of operation, physical layout. Does the facility serve only a few members of the community or does it serve all members of the community?
- Explain how the facility improves the health of community members.
- Provide a brief summary (total of 4–6 sentences) of potential or actual problems identified in each facility that may limit the facility's ability to promote health in your community.

Assignment 2 – Scholarly Paper: Part I – Adopting a New Healthy Behaviour

Part II – Evaluation of Adopting a New Healthy Behaviour

Due date: October 15, 2012

Instructions

This assignment has two parts: Part I is the adoption of a new healthy behaviour, and Part II is the evaluation of this action. This assignment must be completed over a period of time because the process of adopting a new healthy behaviour must be put into action before it can be evaluated. Each part of this assignment is to be submitted to your instructor/tutor by the specified date.

Each scholarly paper for Part I and Part II is to be no more than 3–4 typewritten (word processed) pages following APA format. Refer to the marking guides for Part I and Part II at the end of this assignment. The page limit does not include the title page or the reference list.

- No abstract is required for Assignment 2, parts I and II.
- Use first person when referring to yourself.

Submit the Marking Guides with your assignment. See Appendix B

Part I: Adopting a New Healthy Behaviour

Step One: Personal Health Assessment

Conduct a personal health assessment across the six dimensions of wellness by performing the following tasks:

- Complete the Holistic Lifestyle Questionnaire by accessing the Testwell site on the Internet.
 - The access instructions for Testwell are included with your textbook on a separate insert card.
 - The questionnaire consists of 100 multiple-choice questions.

- The questionnaire takes approximately 15 minutes to complete.
- The results from this questionnaire are provided immediately after completing the questionnaire.
- The information from the results is needed for this assignment.
- Following completion of the questionnaire, use the instructions on the Testwell site to view the results of your personal health assessment in a bar graph format and itemized percentage scores. There are six dimensions of wellness, but from the results illustrated on the bar graph, ten categories appear. This is because some of the dimensions are further divided.
 - The physical dimension includes the physical, nutrition, and self-care categories.
 - The social dimension includes the social and environment categories.
 - The emotional dimension includes emotional awareness and emotional management categories.

Step Two: Selection of New Healthy Behaviour

View the Testwell analysis of your health across the six dimensions of wellness.

- Identify the dimension of wellness where you scored the lowest.
- Identify one new healthy behaviour that you wish to adopt that would improve your score within this dimension of wellness.
- Explain the reasons why you have selected the particular new healthy behaviour to adopt.
- Support your explanation by providing personal beliefs and evidence (rationale) from the literature.

Step Three: Discussion of Influencing and Disabling Factors

Identify all of the factors that influence your ability to attain the new healthy behaviour you wish to adopt.

- Predisposing factors
- Enabling factors
- Reinforcing factors

Identify all of the factors that could disable (interfere with) your ability to attain the new healthy behaviour you wish to adopt, and describe how you plan to manage these disabling factors.

Step Four: Creation of a Goal with Measurable Criteria

Create a goal statement that will allow you to determine the achievement of the goal in Part II. Include the following information in your goal statement:

- Behaviour change
- Measurable criteria
- Time frame

Here is an example of a goal statement that includes the above information. “I will lose 10 pounds in six weeks.” The behaviour change is losing weight, the 10 pounds is the measurable criteria, and six weeks is the time frame.

Step Five: Strategies to Support the Adoption of a New Healthy Behaviour

Include a minimum of two strategies that will support you in adopting the new healthy behaviour and assist you in achievement of your goal. Use the “Strategies for Change” guidelines from Chapter 1 in the textbook.

Part II: Evaluation of Adopting a New Healthy Behaviour

Step One: Summary of Adopting a New Healthy Behaviour

Provide a brief review of the following information from Part I:

- The new healthy behaviour identified
- The rationale for changing the selected healthy behaviour
- The goal statement created and the measurable criteria used
- The strategy used to support the process of adopting the new healthy behaviour

Step Two: Evaluation of Adopting a New Healthy Behaviour

Determine whether or not your plan was successful, measuring the goal based on the evaluation criteria you identified in Part I.

Evaluate the following:

- Identify whether your goal was met or unmet by examining the measurable evaluation criteria, and determine whether the goal was realistic.
- Identify the predisposing, enabling, and reinforcing factors discussed in Part I that contributed to the goal being met or unmet.
- Identify which strategies in your plan contributed to the goal being met or unmet.
- **If the goal was unmet**, provide insight into determining what could be done differently to achieve the goal.

Or

- **If the goal was met**, provide insight into actions required to maintain the behaviour change over a long period of time.
- Describe what it was like to live through the health behaviour change process.
- Relate the experience of adopting a new healthy behaviour to the importance of individual responsibility in maintaining health and wellness.

REQUIRED TEXTS

Required Textbooks and Resources

Hales, D., & Lauzon, L. (2010). *An invitation to health* (2nd Canadian ed.). Toronto: Nelson.

CENGAGE Internet site. Toronto: Nelson.

Required Internet Readings

You will be required to visit the following internet sites during this course. Directions to specific articles in these sites will be provided in the Learner Guide.

- Boyd, D.R. (2006, August). *The air we breathe: An international comparison of air quality standards and guidelines*. Retrieved from www.davidsuzuki.org
- Canada Safety Council. (n.d.). *Fall prevention (seniors): It's easy to make your home a safer place*. Retrieved from www.safety-council.org/index.html
- Canadian Mental Health Association. (n.d.). *Men's mental illness: A silent crisis*. Retrieved from www.cmha.ca
- Earth Day Network (n.d.). *The Earth Day Network footprint calculator*. Retrieved from www.earthday.net
- Government of Alberta. (Fall, 2002). Alberta children safer thanks to AMBER alert. *Just-in*. Retrieved from www.justice.gov.ab.ca
- Public Health Agency of Canada. (n.d.). *Collaboration/partnerships*. Retrieved from www.phac-aspc.gc.ca
- Public Health Agency of Canada. (n.d.). *Determinants of health*. Retrieved from www.phac-aspc.gc.ca
- Public Health Agency of Canada. (n.d.) *Key determinants*. Retrieved from www.phac-aspc.gc.ca
- Sexuality and U. (2006). *Sex facts in Canada 2006*. Retrieved from www.sexualityandu.com

**Appendix A
HEALTH EDUCATION
Marking Guide for Assignment 1**

**Assignment 1 – Scholarly Paper: Analysis of Two
Community Facilities Related to Two
Determinants of Health – Marking Guide**

<u>Key Content</u>	<u>Marking Guide</u>				
	<u>Points:</u>	<u>5</u>	<u>3</u>	<u>1</u>	<u>0</u>
Step One: Discovery tour of your community and Step Two: Completion of the Community Tour Form					
Identified the name of the community or town observed on the tour and listed a minimum of 4 facilities according to each of the two determinants of health (a minimum of 8 facilities in total).	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>	
					<u>/5</u>
<u>Comments:</u>					
Step Three: Selection and Analysis of Two Facilities According to the Two Specific Determinants of Health					
Selected two different facilities: one from each of the two determinants of health.	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>	
Explained how each facility relates to the appropriate determinant of health. Used literature to support explanation.	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>	
Described the services provided at each facility.	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>	
Included the availability and cost of each facility.	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>	
Explained how each facility improves the health of community members.	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>	
Provided a brief summary that included potential or actual problems for each facility.	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>	
					<u>/30</u>

Key Content

Marking Guide

	<u>Points:</u>	<u>5</u>	<u>3</u>	<u>1</u>	<u>0</u>
<u>Comments:</u>					
Format					
Paper formatted as required—referenced correctly in APA format (See APA marking guide.)		<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>
					<u>/5</u>
	<u>Total</u>				<u>/40</u>

Legend

- | | |
|---|---|
| 5 – Excellent work, comprehensive information or analysis included, great attention to detail throughout | 1 – Minimal required information included, incomplete work |
| 3 – Satisfactory work, most required information included at an adequate level | 0 – Required information not identifiable |

Submit this Marking Guide with your assignment.

APA and Grammar – Marking Guide

<u>Key Content</u>	<u>Marking Guide</u>			
<u>Points:</u>	<u>1</u>	<u>0.5</u>	<u>0.25</u>	<u>0</u>
<u>Title Page</u>				
Included header/running head and page number. Included in the upper half of the page: title of paper, student name, college name, course and section number, assignment name and number, instructor name (all centred), and date.	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>
<u>Body of Paper</u>				
Paper organized – running head and page number; introduction, body and conclusion; appropriate margins, double-spaced throughout, indented 5 spaces or 1 tab for new paragraphs, two spaces after a period, and correct font – Times New Roman, 12 pt. font.	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>
<u>References</u>				
Citations in body of paper followed APA 6 th ed. format (if applicable)	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>
References on separate page, followed APA 6th ed. format (if applicable)	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>
<u>Grammar and Spelling</u>				
Grammar appropriate and words spelled correctly (< 5 errors)	<u>Excellent</u>	<u>Satisfactory</u>	<u>Minimal</u>	<u>None</u>
Total:				<u>/5</u>

**Appendix B
Health Education
Marking Guide for Assignment 2**

Assignment 2 – Part I: Adopting a New Healthy Behaviour – Marking Guide

<u>Key Content</u>	<u>Marking Guide</u>			
<u>Points:</u>	<u>5</u>	<u>3</u>	<u>1</u>	<u>0</u>
Personal Health Assessment and Selection of New Healthy Behaviour				
Analyzed the results from the Holistic Lifestyle Questionnaire and identified one new healthy behaviour to adopt.	Excellent	Satisfactory	Minimal	None
Supported explanation for selecting adoption of new healthy behaviour by providing personal beliefs and evidence from the literature.	Excellent	Satisfactory	Minimal	None
				/10
Comments:				
Discussion of Influencing and Disabling Factors				
Identified the predisposing, enabling, and reinforcing factors that influenced ability to attain the new healthy behaviour.	Excellent	Satisfactory	Minimal	None
Identified the factors that could disable (interfere with) ability to attain the new healthy behaviour.	Excellent	Satisfactory	Minimal	None
Described how the disabling factors would be managed in order to attain the new healthy behaviour.	Excellent	Satisfactory	Minimal	None
				/15
Comments:				

Key Content

Marking Guide

Points:	<u>5</u>	<u>3</u>	<u>1</u>	<u>0</u>
Creation of a Goal with Measurable Criteria				
Created a goal statement that included the behaviour change, time frame, and measurable criteria.	Excellent	Satisfactory	Minimal	None
Comments:	/5			
Strategies to Support the Adoption of a New Healthy Behaviour				
Included a minimum of two strategies following the “Strategies for Change” as outlined in Chapter 1 of the textbook to support the adoption of a new healthy behaviour.	Excellent	Satisfactory	Minimal	None
Comments:	/5			
Format				
Paper formatted as required—referenced correctly in APA format (see APA marking guide).	Excellent	Satisfactory	Minimal	None
Comments:	/5			
Total	/40			

Legend

5 – Excellent work, comprehensive information or analysis included, great attention to detail

1 – Minimal required information included, incomplete work

throughout

3 – Satisfactory work, most required information included at an adequate level

0 – Required information not identifiable

APA and Grammar – Marking Guide

Key Content	Marking Guide				
	Points:	1	0.5	0.25	0
Title Page					
Included header/running head and page number. Included in the upper half of the page: title of paper, student name, college name, course and section number, assignment name and number, instructor name (all centred), and date.		Excellent	Satisfactory	Minimal	None
Body of Paper					
Paper organized – running head and page number; introduction, body and conclusion; appropriate margins, double-spaced throughout, indented 5 spaces or 1 tab for new paragraphs, two spaces after a period, and correct font – Times New Roman, 12 pt. font.		Excellent	Satisfactory	Minimal	None
References					
Citations in body of paper followed APA 6 th ed. format (if applicable)		Excellent	Satisfactory	Minimal	None
References on separate page, followed APA 6th ed. format (if applicable)		Excellent	Satisfactory	Minimal	None
Grammar and Spelling					
Grammar appropriate and words spelled correctly (< 5 errors)		Excellent	Satisfactory	Minimal	None
Total:					/5

Submit this Marking Guide with your assignment.