



AAP-111 – Framework for the Activity Assistant Role

Health and Human Services

Effective Term & Year: Fall 2024

Course Outline Review Date: 2029-03-01

Program Area: Health

Description:

This course assists students in understanding their role as an Activity Assistant. Building on previous knowledge, the students are introduced to the concepts of holistic health, wellness, and activity and explore the interplay between the 5 domains of health and activity.

Program Information:

This course is a requirement of the Activity Assistant Associate Certificate.

Delivery Methods: Online

Credit Type: College of the Rockies Credits

Credits: 1

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	20
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	20

Course Requisites:

- Admission to the Activity Assistant Associate Certificate Program

Prior Learning and Recognition: No

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrollment Service office.

Textbook Resources:

All required reading and notes will be available on COTR's online course webpage.

Learning Outcomes:

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

- demonstrate a comprehensive understanding of social and emotional wellness, emphasizing the role that social connections, community inclusion, and emotional expression have on one's overall well-being;
- demonstrate a thorough understanding of cognitive and physical health, recognizing that wellness can be achieved even in the presence of disease;
- demonstrate an in-depth understanding of spiritual wellness, recognizing that a sense of purpose is an integral component of wellness;
- demonstrate proficiency in defining and advocating for the role of activities in promoting wellness across the five domains of health: social, cognitive, emotional, physical, and spiritual; and
- demonstrate an understanding of the breadth of physical and cognitive limitations that can occur as one ages and utilize this understanding to adapt activities to meet the individual needs of clients.

Course Topics:

- Social and Emotional Wellness
- Cognitive and Physical Wellness
- Spiritual Wellness
- Impacts of Activity on Holistic Wellness
- Aging Processes

See instructor syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: Online

Assessment Type	% of Total Grade
Discussion and Reflection	30%
Activities	30%
Research Assignment	40%
Total	100%

Grade Scheme

COM	NCG
Completed to the minimum defined standard	No credit granted – less than minimum defined standard

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)

- Policy 2.5.8 Academic Performance
 - Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.