



ESEP-005 – Personal and Occupational Health, Wellness and Safety

College Preparation and Upgrading

Effective Term & Year: Fall 2022

Course Outline Review Date: 2027-03-01

Program Area: Upgrading for Academic and Career Entry

Description:

This course focuses on helping students identify and describe personal attributes, strengths and challenges related to personal and occupational health and safety. Students develop personal learning strategies, coping strategies to deal with change, and identify common stressors and strategies for stress management. Students will complete FoodSafe and WHMIS certificates. They will also participate in a First Aid awareness course.

Program Information:

This course is required to complete the Education and Skills for Employment Program.

Delivery Methods: On-campus (Face-to-Face)

Credit Type: ABE Credits

Credits: 0

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	50
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

Other

Total	50
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Course Requisites:

None

Flexible Assessment: 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 Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Required Resources

Instructor modules and worksheets on health and nutrition, FOODSAFE Level 1, WHMIS and First Aid will be distributed to the students.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

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

- set goals in areas of health management, e.g. nutrition, fitness, leisure;
- explain the relationship between positive health behaviours and the prevention of injury, illness, and disease;
- demonstrate a practical knowledge of the main areas of health and wellness;
- identify common stressors and strategies (coping skills) for stress management;
- describe and demonstrate ways to reduce risks related to unhealthy behaviours and attitudes affecting physical health;
- display a practical knowledge of the main ideas in the FOODSAFE Level 1 course;
- demonstrate a practical knowledge of the main ideas in the WHMIS course; and
- exhibit a practical knowledge of health and safety at work.

Course Topics:

- Personal Health and Wellness
- First Aid
- FOODSAFE
- Occupational Health and Safety
- WHMIS

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

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Assignments	20%
Participation in WHMIS	20%
Participation in FoodSafe	40%
Participation in First Aid Basic Knowledge	20%
Total	100%

Grade Scheme

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

Pass requirements: None

Evaluation Notes Comments:

A completion of 75% or higher is required.

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.