



HCA-104 – Health 2: Lifestyle and Choices

Health and Human Services

Effective Term & Year: Fall 2022

Course Outline Review Date: 2026-03-01

Program Area: Health

Description:

This course introduces students to a holistic concept of health and the components of health-enhancing lifestyles. Students are invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Students are introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

Program Information:

This course is one of the seven courses offered in the first semester of the Health Care Assistant Program. Satisfactory completion of this course is required to progress into Semester 2 of the program.

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

Credit Type: College of the Rockies Credits

Credits: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	30
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	

Co-op/Work Experience	
Other	
Total	30

Course Requisites:

- Completed or concurrently enrolled in:
 - [HCA101](#) – Health and Healing: Concepts for Practice (4)
 - [HCA102](#) – Health Care Assistance: Introduction to Practice (3)
 - [HCA103](#) – Health 1: Interpersonal Communications (3)
 - [HCA105](#) – Healing 1: Caring for Individuals Experiencing Common Health Challenges (4)
 - [HCA106](#) – Healing 2: Caring for Individuals Experiencing Cognitive Or Mental Challenges (4)
 - [HCA107](#) – Healing 3: Personal Care and Assistance (4)

Flexible Assessment: No**Course Transfer Credit:**

For information about receiving transfer credit for courses taken at other BC institutions, please see <http://www.bctransferguide.ca>. All requests for course transfer credit from institutions in BC or elsewhere should go to the College of the Rockies Enrollment 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:

Sorrentino, S.A., Remmert, L. & Wilk M.J. (2018). *Mosby's Canadian Textbook for the Support Worker*. 4th Canadian Edition. Toronto, Canada: Elsevier.

Access to a computer for online and hybrid delivery

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:

- discuss the interrelationship of physical, social, cognitive, emotional and spiritual dimensions and determinants of health;
- list and describe the determinants of health and how they impact health;
- display an understanding of how lifestyle choices and behaviours contribute to physical, emotional, social, cognitive and spiritual health;
- display an understanding of the complexity of the change process in relation to health promotion;
- recognize aspects of the HCA role which could lead to unhealthy stress; and
- discuss environmental influences on health.

Course Topics:

- Understanding Health
- Physical Components of Health
- Emotional Components of Health
- Cognitive Components of Health
- Social Components of Health
- Spiritual Components of Health
- Lifestyle Change

See instructor's 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	70%
Final Exam	30%
Total	100%

Assessment Type: Online

Assessment Type	% of Total Grade
Assignment 1	30
Assignment 2	30
Assignment 3	40

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=95	94-90	89-85	84-80	79-75	74-70					<70

Pass requirements: None

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

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.