



## HCA-104 – Lifestyle and Choices

### Health and Human Services

**Effective Term & Year:** Fall 2024  
**Course Outline Review Date:** 2029-03-01

**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 – Concepts for Practice (4)
  - HCA102 – Introduction to Practice (3)
  - HCA103 – Interpersonal Communications (3)
  - HCA105 – Common Health Challenges (4)
  - HCA106 – Cognitive and/or Mental Health Challenges (4)
  - HCA107 – Personal Care and Assistance (4)

**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 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:

Wilk, M.J., Sorrentino, S.A., & Remmert, L.N. (2022). *Sorrentino's Canadian Textbook for the Support Worker*. 5th Edition. Toronto, Canada: Elsevier.

COTROnline HCA 104

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, psychological, cognitive, social and spiritual dimensions and the determinants of health;
- discuss how lifestyle choices and behaviours contribute to physical, psychological, social, cognitive and spiritual health; and
- Explain the complexity of the change process in relation to health promotion.

## Course Topics:

- Understanding Health
- Physical Components of Health
- Psychological or Emotional Components of Health
- Cognitive Components of Health
- Social (interactive) 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%
Total	100%

## 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

### 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 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

### 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.