



HCA-105 – Common Health Challenges

Health and Human Services

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

Program Area: Health

Description:

This course introduces the students to the normal structure and function of the human body and normal bodily changes associated with aging. Students explore common challenges to health and healing in relation to each body system. Students are also encouraged to explore person-centered practice as it relates to the common challenges to health and, in particular, to end-of-life care.

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: 4

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	115
Seminar/Tutorials	
Laboratory/Studio	

Practicum/Field Experience

Co-op/Work Experience

Other

Total 115

Course Requisites:

- Completed or concurrently enrolled in:
 - HCA101 – Concepts for Practice (4)
 - HCA102 – Introduction to Practice (3)
 - HCA103 – Interpersonal Communications (3)
 - HCA104 – Lifestyle and Choices (3)
 - HCA106 – Cognitive and/or Mental Health Challenges (4)
 - HCA107 – Personal Care and Assistance (4)

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:

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 105

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

- explain the structure and function of the human body and normal changes associated with aging;
- discuss common challenges to health and healing;
- discuss nutrition as it relates to managing common health challenges;
- describe ways to organize, administer and evaluate person-centered care and service for clients experiencing common health challenges; and
- demonstrate an understanding of the components of person-centered, end-of-life care for clients and families.

Course Topics:

- Medical Terminology
- Structure and Function of the Human Body:
 - Integumentary System
 - Musculoskeletal System
 - Cardiovascular System
 - Respiratory System
 - Digestive System
 - Urinary System
 - Reproductive System
 - Endocrine System
 - Nervous System
 - Immune System
 - Challenges to Health and Healing
- Nutrition and Common Health Challenges
- End of Life Care

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
Exam 1	25%
Exam 2	25%

Exam 3	25%
Assignments	25%
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

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.