



## HSWR-108 – Health & Wellness

### Health and Human Services

**Effective Term & Year:** Fall 2022  
**Course Outline Review Date:** 2025-04-01

**Program Area:** Child Youth and Family Studies

#### Description:

This course is designed to provide students with a basic understanding of the holistic health care needs of individuals in the community. Students are provided with the basic knowledge necessary to assist individuals who are unable to meet their health care needs independently. Students will also explore the concept of self-care and worker burnout. The content of this course is specific to developing the skills, knowledge, and values in the Human Service Worker setting.

#### Program Information:

This course is a required course for the Human Service Worker certificate.

**Delivery Methods:** Online

**Credit Type:** College of the Rockies Credits

**Credits:** 3

#### Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

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Other

Total	45
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**Course Requisites:**

- Earned a minimum grade of C+ (65%) in at least 1 of the following:
  - [ENFP 12](#) – English First Peoples 12
  - [ENST 12](#) – English Studies 12
  - [ENGL090](#) – English – Provincial Level

**Flexible Assessment:** Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

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**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.

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**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:

Course notes online

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.

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## Learning Outcomes:

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

- define health and wellness, and explain the interconnected roles of the physical, social, intellectual, emotional, environmental, and spiritual dimensions of health;
- identify the basic elements shared by psychosocially healthy people;
- analyze the factors that influence dietary decisions and discuss how Canada's Food Guide can be used to promote healthy eating;
- describe the anatomy and physiology of a variety of body systems;
- demonstrate and explain Universal Precautions and the importance of infection control;
- identify basic terminology used in pharmacology;
- explain the rights of medication administration;
- explain the long term effects chronic illness has on individuals and their support network;
- evaluate the direct & indirect effects of stress on a person's overall health status; and
- develop a self-care plan for wellness.

## Course Topics:

- What is Health?
- Wellness
- Body Systems
- Infection Control
- Pharmacology
- Boundaries & Assertiveness
- Self-care Plans

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

## Evaluation and Assessments

### Assessment Type: Online

Assessment Type	% of Total Grade
Assignments (2 x 15%; 1 x 20%)	50%
Online Discussion	20%
Quizzes (2 x 15%)	30%
Total	100%

## Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60			<60

**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.