



NURS-110 – Health & Healing 1

Health and Human Services

Effective Term & Year: Fall 2025
Course Outline Review Date: 2030-01-04

Program Area: Health

Description:

Health and Healing 1: Introduction to the Context of Health and Health Promotion

Students are introduced to health promotion and explore how health is conceptualized. Students examine their own personal beliefs relating to health and examine emerging impacts on health, such as climate change. Students examine the health of diverse Canadians using a variety of health information sources in order to understand the individual and macro level conditions that impact health. Students examine the Canadian health care system, its effect on health status, and factors that contribute to health inequity, including gender, sexual orientation. There is attention to the exigencies that impact Indigenous health, and an introduction to the Social Determinants of Health. Students are introduced to the concept of primary health care and explore the contributions of professional nursing to the health of individuals, families, and communities across the lifespan.

Program Information:

This course is required for the first year of the Bachelor of Science in Nursing program at College of the Rockies. The materials in this course represent a component of a four-year integrated BSN program.

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

Credit Type: College of the Rockies Credits

Credits: 6

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	42
Seminar/Tutorials	42
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	84

Course Requisites:

- Completed or concurrently enrolled in:
 - [NURS111](#) – Professional Practice 1 (3)
 - [NURS113](#) – Relational Practice 1 (3)
 - [BIOL181](#) – Introductory Human Anatomy and Physiology 1 (3)
 - [ENGL100](#) – English Composition (3)
 - [BIOL181](#) – Introductory Human Anatomy and Physiology 1 (3)

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:

Astle, B.J., Duggleby, W., Potter, P.A., Stockert, P.A., Perry, A.G., & Hall, A.M., (Eds.). (2024). *Potter and Perry's Canadian fundamentals of nursing* (7th ed.). Elsevier.

Jarvis, C., Eckhardt, A., Browne, A. J., MacDonald-Jenkins, J., Luctkar-Flude, M. (Eds.). (2024). *Physical examination and health assessment* (4th Cdn. ed.). Elsevier.

Langham, J. (2023). *A guide to numeracy in nursing*. BCcampus.
<https://opentextbc.ca/nursingnumeracy/>.

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

- describe historical and current theoretical understandings of health, health promotion, and primary health care in relation to nursing practice;
- discuss how RNs can impact the health status of Canadians;
- identify how contextual differences and beliefs about health influence health behaviors;
- identify factors contributing to health inequities in Canada and globally;
- demonstrate a beginning understanding of epidemiology in the context of physical and mental health;
- describe information communication technologies in the delivery of care;
- recognize the relationship between colonization, the social determinants of health, and health inequities for Indigenous peoples;
- describe the upstream drivers of climate change and ecological determinants of health;
- describe anti-Indigenous racism and its impact on the health of Indigenous peoples;
- describe the role and responsibilities of RNs to ensure individual, family, and community-centered care through interprofessional practice; and
- demonstrate foundational nursing assessments and skills within the context of decision making for nursing practice.

Course Topics:

Process

Learning activities are designed to promote engagement with the foundational principles of the curriculum and the identified concepts of the course. Learning activities address theoretical perspectives related to health promotion, prevention, and primary health care, and how these are relevant to the overall curriculum philosophy. Learning activities promote critical thinking and are relevant to current nursing practice. Learning activities may be designed to disrupt taken-for-granted assumptions about health and traditional Western approaches to healing. Learners are encouraged to participate in active dialogue about health with others, including their resource

family, and to share experiences arising from those learning activities.

Featured Concepts

- Health Promotion
- Context
- Equity
- Environment
- Inquiry
- Safety

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
Quizzes	30%
Exam 1	35%
Exam 2	35%
Simulation Demonstration(s)	Pass / Fail
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	69-65	64-60			<60

Pass requirements: Must receive a 60% overall average and receive a PASS on simulation demonstration(s).

Evaluation Notes Comments:

To pass this course,

- If a student fails a simulation demonstration, they will have one opportunity to retest.
- See course syllabus for simulation retest process.

Additional related information/policies:

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, resubmission of assignments, and use of electronic aids.

ATTENDANCE AND ASSIGNMENT REQUIREMENTS:

- Policy 2.1.6 Progression and Re-admission – Bachelor of Science in Nursing

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)
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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.