



NURS-113 – Relational Practice 1

Health and Human Services

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

Program Area: Health

Description:

Relational Practice 1: Self and Others

Students are introduced to nursing as an experience lived between people and explore the multiple factors that influence their own capacity to be in caring relation to others (individual, family groups, populations, communities, and the environment). They learn to question personal perspectives of experience to uncover attitudes, beliefs, and values and to share and acknowledge differences. Students are introduced to principles of self-care, professional responsibilities, relational competence and relational inquiry, and reflexivity, drawing on curriculum foundational perspectives to explicate meaning.

Program Information:

This course is required for the first year of the Bachelor of Science in the Nursing program. 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: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	42

Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	42

Course Requisites:

- Completed or concurrently enrolled in:
 - NURS110 – Health & Healing 1 (6)
 - NURS111 – Professional Practice 1 (3)
 - BIOL181 – Introductory Human Anatomy and Physiology 1 (3)
 - ENGL100 – English Composition (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:

American Psychological Association. (2020). *Concise guide to APA style* (7th ed.). <https://doi.org/10.1037/0000173-000>

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.

Doane, G. H., & Varcoe, C. (2021). *How to nurse: Relational inquiry in action*. Wolters Kluwer.

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:

By the end of this course, students will be able to:

- develop personal discovery of self and self in relation to others;
 - describe relational ways of being and therapeutic communication with diverse individuals, families, communities, and groups;
 - explore personal definitions and understandings of culture;
 - understand the importance of reconciliation and actively participates in working towards reconciling the relationship between Indigenous and non-Indigenous peoples;
 - reflect on theories of caring and ethical ways of being in relationships;
 - discuss relational processes that support understanding of the personal meaning individuals give to health and healing;
 - describe the importance of communication, collaboration, and relationships for Registered Nurses practicing within an interprofessional team; and
 - develop an awareness of power and privilege and how it influences interprofessional teams and relationships.
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Course Topics:

Process:

This course is designed to foster personal discovery of self and self in relation to others. It explores relational ways of being with others, situatedness in families and groups, and identify development. It encourages and supports learners to enrich self-awareness, critical thinking and reflexivity. The course concepts are explored through active participation in small group interaction, learning activities and journal writing.

Featured Concepts

- Context
- Equity
- Inquiry
- Ethics
- Relationship
- Reconciliation

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
Group and/or Individual Small Activities	40%
Paper	30%
Final Exam	30%
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: An overall average of C (60%) or higher is required to pass this course.

Evaluation Notes: All evaluation components must be submitted to pass the course.

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.