



NURS-125 – Nursing Practice 1

Health and Human Services

Effective Term & Year: Winter 2026
Course Outline Review Date: 2031-09-01

Program Area: Health

Description:

Nursing Practice 1: Introduction to Nursing Practice and Coming to Know the Client

Students apply knowledge from previous and concurrent courses to their beginning understanding of nursing practice. This introductory practice experience provides opportunities to develop caring relationships with groups, families and individuals across the lifespan. Emphasis is placed on health assessment and coming to know how individuals understand and promote their health, and the role of the nurse in partnering with the person in this process. Students work with interprofessional teams in the home and community, in agencies, and care settings as they begin to develop their professional identity and use critical reflection, the decision making model, and professional standards to support safe nursing practice. Students are introduced to the systems which support delivery of health care, such as organizational structures, occupational health and safety, information and communication technologies and agency policies.

Program Information:

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

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

Credit Type: College of the Rockies Credits

Credits: 6

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	
Seminar/Tutorials	39
Laboratory/Studio	
Practicum/Field Experience	104
Co-op/Work Experience	
Other	
Total	143

Course Requisites:

- Complete all of the following
 - Prerequisites: Satisfactory completion of Semester One of the first year of the BSN program.
 - Completed or concurrently enrolled in:
 - [NURS120](#) – Health & Healing 2 (6)
 - [NURS121](#) – Professional Practice 2 (3)
 - [BIOL182](#) – Introductory Human Anatomy and Physiology 2 (3)
 - [INDG105](#) – Introduction to Health and Wellness in Indigenous Communities (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:

As this course provides participants with the opportunity to integrate their learning from other Semester Two courses, the texts needed for NURS 120 and 121 are used in NURS 125. Students should refer to the list of required texts and professional documents listed on those course outlines.

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:

- utilize relational practice skills to develop caring relationships with individuals and their families;
 - demonstrate collaborative, responsive, and responsible communication skills with individuals, families, instructor, peers and the interprofessional team;
 - identify effect of bias, prejudice, stigma, oppression and colonialism on Indigenous health;
 - reflect on the role and scope of the RN and others on the interprofessional team in achieving health outcomes across diverse health settings;
 - participate in co-learner/co-teacher relationships that foster transformative learning;
 - apply the decision making model to situations within a practice setting;
 - conduct a basic health assessment, from a health promotion perspective, utilizing nursing knowledge, client and team input, data collection, observation, and inquiry to appropriately provide client centered care;
 - prioritize nursing actions to provide timely and safe nursing care for one person;
 - report and document assessments and care in a professional and accurate method using appropriate communication platforms (e.g. EHR, chart);
 - demonstrate self-awareness and professionalism, while consistently maintaining confidentiality, in nursing practice;
 - use critical reflection to actively engage in the construction of their own knowledge through praxis; and
 - recognize safety principles and identify hazards (e.g. Physical, chemical, ergonomic, and psychosocial) in the practice setting.
-

Course Topics:

Process:

Students engage in professional nursing practice, critical thinking, and critical reflection in a variety of practice settings caring for healthy people. These activities may occur in acute care, community agencies or in the homes of individuals and families. Practice experiences are supported by seminars, which provide opportunities to examine theories and concepts for discussion, exploration, and integration. Praxis involves the examination of the dynamic interplay between theory and practice. Praxis is actualized by critical reflection, journaling, and active participation in nursing practice seminars. Practice experiences provide opportunities for students to develop decision making skills with contextual awareness and exercise health assessment skills that enable them to provide safe nursing care.

Featured Concepts:

- Health Promotion
- Environment
- Ethics
- 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
Assignment 1	Satisfactory/Unsatisfactory
Assignment 2	Satisfactory/Unsatisfactory
Practice Appraisal Form	Satisfactory/Unsatisfactory

Grade Scheme

COM	NCG
Completed to the defined standard – 60% and higher	No credit granted – less than 60%

Pass requirements: None

Evaluation Notes Comments:

To pass this course, students must:

- Complete all evaluative components
- Achieve a level of “Satisfactory” on the Practice Appraisal Form

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)
-

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.