



## PPNP-105 – Health Promotion 1

### Health and Human Services

**Effective Term & Year:** Fall 2022

**Course Outline Review Date:** 2023-03-01

**Program Area:** Health

#### Description:

This course develops a beginning knowledge of normal growth and development, and introduces the concepts of health promotion, health inequities and the determinants of health. Topics include disease prevention, health enhancement, health protection, health restoration/recovery care and support.

#### Program Information:

This course is one of eight courses required in Level 1 of the Practical Nursing program. Satisfactory completion of this course is required to progress to the next level.

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

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

**Credits:** 2

#### Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	30
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	

---

Total	30
-------	----

---

**Course Requisites:**

- Complete all of the following
  - Earned a minimum grade of C+ (65%) in each of the following:
    - **PPNP101** – Anatomy and Physiology for Practical Nursing (3)
  - Completed or concurrently enrolled in:
    - **PPNP104** – Variations in Health 1 (3)
    - **PPNP106** – Pharmacology 1 (2)
    - **PPNP107** – Integrated Nursing Practice 1 (4)

**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.

---

**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:

Potter, P. A. & Perry, A. (2014). *Canadian fundamentals of nursing* (5th ed.). Toronto, ON: Elsevier Canada

Stamler, L. L. and Yiu, L. (2011). *Community health nursing – A Canadian perspective* (3rd Ed.). Toronto. Pearson Canada.

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 definitions and concepts related to health promotion;
  - identify and explain epidemiology related to health promotion;
  - explain the difference between primary, secondary and tertiary prevention;
  - provide examples that explain the difference between health promotion and disease prevention;
  - discuss the major components of Canada's health care system;
  - explain how the determinants of health impact individual health and wellness;
  - identify health disparities between Indigenous people and non-Indigenous people in Canada;
  - identify the determinants of health of Indigenous populations;
  - define cultural sensitivity and awareness in health promotion;
  - explain the principles of chronic disease management;
  - describe teaching and learning principles for health promotion across the lifespan;
  - describe the steps of communicable disease reporting;
  - describe common normal growth and development theories across the lifespan;
  - explain the concept of harm reduction;
  - define trauma-informed practice; and
  - define health promotion principles in LGBTQ2 care.
- 

## Course Topics:

- Canada's health care system
- Holistic health
- Wellness and health
- Determinants of health
- Maslow's hierarchy of needs
- Health promotion in Canada
- Normal growth and development across the lifespan
- Chronic disease management
- Understanding health disparities
- Diversity in health beliefs: including Indigenous and increasing multicultural populations
- Introduction to health statistics and epidemiology
- Teaching and learning in health promotion
- Trauma-informed practice
- Communicable diseases and epidemiology
- Cultural sensitivity and awareness in health promotion

- Harm reduction
- Health literacy

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
Midterm Exam	35%
Group Project: Part A: Determinants of Health Paper	35%
Group Project: Part B: Determinants of Health Presentation	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				<65

**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

### Equivalent Course(s) and Course Code Changes

Prior Course Code: PNUR 104

Date changed: September 2012

**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.