



COURSE OUTLINE		
TERM: Fall 2024	COURSE NO: HCA 100	
INSTRUCTOR:	COURSE TITLE: Lifestyle and Choices	
OFFICE: LOCAL:	SECTION NO:	CREDITS: 1.5
EMAIL: @capilanou.ca		
OFFICE HOURS:		
COURSE WEBSITE:		

Capilano University acknowledges with respect the Liłwat7úl (Lil'wat), x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam), shíshálh (Sechelt), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tseil-Waututh) people on whose territories our campuses are located.

#### **COURSE FORMAT**

5 x 6.5 instructional hours, in person and/or online, see elearn and HCA student manual for details. Minimum 30 instructional hours

#### **COURSE PREREQUISITES/CO-REQUISITES**

None

#### **CALENDAR DESCRIPTION**

This course introduces students to a holistic concept of health and the components of a health enhancing lifestyle. Students will be invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Students will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

#### **REQUIRED TEXTS AND/OR RESOURCES**

Wilk, M. J., (2022) *Sorrentino's Canadian Textbook for the Support Worker* (5<sup>th</sup> ed.). Elsevier: Toronto, Ontario. This is bundled with a workbook.

Murray, K. (2020) *Integrating a Palliative Approach: Essentials for Personal Support Workers* [Textbook] (2<sup>nd</sup> ed.). Life and Death Matters: Victoria, BC

Murray, K. (2020) *Integrating a Palliative Approach: Essentials for Personal Support Workers* [Workbook] (2<sup>nd</sup> ed.). Life and Death Matters: Victoria, BC

**COURSE STUDENT LEARNING OUTCOMES**

**On successful completion of this course, students will be able to do the following:**

1. Discuss the interrelationship of physical, psychological, cognitive, social, and spiritual dimensions and the determinants of health:
  - Describe health as a process (health as a journey not a destination).
  - Discuss the physical, psychological, cognitive, social, and spiritual dimensions of health.
  - Describe the interrelatedness of the dimensions of health.
  - Discuss health as it relates to lifestyle choices.
  - Describe the determinants of health and discuss how they can create health inequalities and impact the dimensions of health.
  
2. Discuss how lifestyle choices and behaviours contribute to physical, psychological, cognitive, social, and spiritual health:
  - Discuss the positive effects of regular exercise and physical self-care.
  - Describe the elements of a nutritious diet.
  - Discuss elements of healthy weight management.
  - Describe the adverse effects of common harmful substances.
  - Discuss the interaction between emotions/perceptions and physical well-being.
  - Describe the effects of stress.
  - Recognize aspects of the HCA role that could lead to unhealthy stress.
  - Describe a variety of approaches to stress management.
  - Discuss the cognitive components of health.
  - Describe how one's ability to think, reason, interpret, remember, assess, and solve problems is related to health.
  - Discuss the importance of social support in personal wellness.
  - Recognize cultural and societal influences on lifestyle choices.
  - Describe the spiritual components of health.
  - Discuss how clarification of one's values and beliefs might relate to lifestyle choices.
  - Identify personal focuses and activities that enrich, refresh, and create meaning in one's life.
  - Describe how one's choices affect one's environment
  - Discuss environmental influences on health.
  
3. Explain the complexity of the change process in relation to health promotion:
  - Describe how critical thinking and problem-solving relate to lifestyle change.
  - Demonstrate how to set achievable goals, use appropriate motivators, and set a realistic change agenda.
  - Discuss the complexities involved in lifestyle change.

## COURSE CONTENT

### Understanding Health

- Health as a process (health as a journey not a destination).
- Physical, psychological, cognitive, social, and spiritual dimensions of health.
- Interrelatedness of all aspects of health: introduction of the health wheel.
- Health as it relates to lifestyle and choices.
- The 12 determinants of health (as defined by the Government of Canada).
- The impact of the determinants of health on health inequalities and the dimensions of health.

### Components of Health

- Physical components of health:
  - Physical activity.
  - Physical self-care.
  - Sleep and rest.
  - Nutrition, including nutrition throughout life, factors that affect eating and drinking, and Canada's Food Guide.
  - Weight management.
  - Avoiding or limiting harmful substances (including licit and illicit drugs, alcohol, tobacco, vaping, and caffeine).
  - Environment.
- Psychological or emotional components of health:
  - Interaction between emotions and perceptions and health.
  - Psychologically safe environments.
  - Stress and stress management.
    - Common responses and effects of stress.
    - Common stressors related to work of the HCA.
    - Burnout and compassion fatigue.
    - Strategies for self-assessment and wellness intervention.
- Cognitive components of health:
  - Rational thinking and perceiving.
  - Ability to reason, interpret, and remember.
  - Ability to sense, perceive, assess, and evaluate.
  - Problem-solving ability.
  - Creativity.
- Social (interactive) components of health:
  - Social bonds and social supports in relation to health.
  - Cultural, societal, and traditional influences on lifestyle and choices.
- Spiritual components of health:
  - Awareness of personal values and beliefs.
  - Finding meaning and purpose in life.
  - Participating in activities that enrich, inspire, and refresh.
  - Appreciation for different ways of knowing and being.

### Lifestyle Change

- Complexity of the lifestyle change process.
- Critical thinking and problem-solving as they relate to lifestyle and choices.
- Self-reflection and self-evaluation in relation to challenges and resources.
- Setting achievable goals, using motivators, setting a realistic change agenda.
- Recognizing difficulties inherent in personal change.

### EVALUATION PROFILE

Quiz 1	30%
Quiz 2	25%
Assignment 1	20%
Assignment 2	5%
Assignment 3	10%
Participation*	10%
<b>TOTAL</b>	<b>100%</b>

#### \*Participation

This mark is based on both the frequency and quality of the student's comments, questions, observations, and involvement, with the emphasis on quality. The quality is determined by among other things, the relevance, insight and clarity of remarks. Reading the required readings in advance will support a student's ability to participate. Not attending, being late to class or being late returning from breaks, will impact the overall participation grade.

### ASSIGNMENT DESCRIPTIONS

All assessments will be completed and/or submitted online.

- Exams/quizzes – via eLearn
- Written submissions – via eLearn

### GRADING PROFILE

A+ = 90-100	B+ = 77-79	C+ = 67-69	D = 50-59
A = 85-89	B = 73-76	C = 63-66	F = 0-49
A- = 80-84	B- = 70-72	C- = 60-62	

#### Incomplete Grades

Grades of Incomplete "I" are assigned only in exceptional circumstances when a student requests extra time to complete their coursework. Such agreements are made only at the request of the student, who is responsible to determine from the instructor the outstanding requirements of the course.

**Late Assignments**

Assignments are due at the beginning of the class on the due date listed. If you anticipate handing in an assignment late, please consult with your instructor beforehand. Marks will be deducted for the late submission of assignments. The penalty for a late submission is 10% for each day. All assignments must be submitted in order to receive credit for the course.

**Missed Exams/Quizzes/Labs etc**

Make-up exams, quizzes and/or tests are given at the discretion of the instructor. They are generally given only in medical emergencies or severe personal crises. Some missed labs or other activities may not be able to be accommodated. Please consult with your instructor. Accommodations can be made to honour community needs or traditional practices.

**Attendance**

Students are expected to attend all classes and associated activities. A student who misses 10% of classes will be placed on Program Probation pending a faculty review, and may not receive credit for this course. If you are ill or caring for someone who is ill and/or need to self-isolate, please contact the instructor so that we can ensure that you are able to complete the course. See also the student manual regarding attendance, which applies to all courses in the HCA program.

**English Usage**

All assignments are marked for correct English usage, proofreading, and formatting. At the instructor's discretion, any assignment not reaching these standards may be returned for revision and resubmission.

**Electronic Devices**

Cell phones must be turned to vibrate or silent mode during class sessions unless being used as part of an in-class activity. Students that use their phones to call or text in class will be given one warning. If this behaviour continues, instructors may ask the student to leave the class. Students will receive a written warning that will go on their file. Use of cell phones during tests could be construed as cheating and the student may receive a score of zero. For privacy issues, no photographs can be taken in class, lab or clinical without the instructor's permission.

**On-line Communication**

Students in the HCA program are expected to check their Cap email at least once per day. Instructors will use this email address for important program and course related communications. Students must respond to the instructors using **only** their Cap email. Emails from personal email addresses will not be accepted.

**UNIVERSITY OPERATIONAL DETAILS****Tools for Success**

Many services are available to support student success for Capilano University students. A central navigation point for all services can be found at: <https://www.capilanou.ca/student-services/>

Capilano University Security: download the [CapU Mobile Safety App](#)

**Policy Statement (S2009-06)**

Capilano University has policies on Academic Appeals (including appeal of final grade), Student Conduct, Academic Integrity, Academic Probation and other educational issues. These and other policies are available on the University website.

**Academic Integrity (S2017-05)**

Any instance of academic dishonesty or breach of the standards of academic integrity is serious and students will be held accountable for their actions, whether acting alone or in a group. See policy and procedures S2017-05 Academic Integrity for more information:

<https://www.capilanou.ca/about-capu/governance/policies/>

Violations of academic integrity, including dishonesty in assignments, examinations, or other academic performances, are prohibited and will be handled in accordance with the Student Academic Integrity Procedures.

**Academic dishonesty** is any act that breaches one or more of the principles of academic integrity.

Acts of academic dishonesty may include but are not limited to the following types:

**Cheating:** Using or providing unauthorized aids, assistance or materials while preparing or completing assessments, or when completing practical work (in clinical, practicum, or lab settings), including but not limited to the following:

- Copying or attempting to copy the work of another during an assessment;
- Communicating work to another student during an examination;
- Using unauthorized aids, notes, or electronic devices or means during an examination;
- Unauthorized possession of an assessment or answer key; and/or,
- Submitting of a substantially similar assessment by two or more students, except in the case where such submission is specifically authorized by the instructor.

**Fraud:** Creation or use of falsified documents.

**Misuse or misrepresentation of sources:** Presenting source material in such a way as to distort its original purpose or implication(s); misattributing words, ideas, etc. to someone other than the original source; misrepresenting or manipulating research findings or data; and/or suppressing aspects of findings or data in order to present conclusions in a light other than the research, taken as a whole, would support.

**Plagiarism:** Presenting or submitting, as one's own work, the research, words, ideas, artistic imagery, arguments, calculations, illustrations, or diagrams of another person or persons without explicit or accurate citation or credit.

**Self-Plagiarism:** Submitting one's own work for credit in more than one course without the permission of the instructors, or re-submitting work, in whole or in part, for which credit has already been granted without permission of the instructors.

**Prohibited Conduct:** The following are examples of other conduct specifically prohibited:

- Taking unauthorized possession of the work of another student (for example, intercepting and removing such work from a photocopier or printer, or collecting the graded work of another student from a stack of papers);
- Falsifying one's own and/or other students' attendance in a course;
- Impersonating or allowing the impersonation of an individual;
- Modifying a graded assessment then submitting it for re-grading; or,
- Assisting or attempting to assist another person to commit any breach of academic integrity.

### **Sexual Violence and Misconduct**

All Members of the University Community have the right to work, teach and study in an environment that is free from all forms of sexual violence and misconduct. Policy B401 defines sexual assault as follows:

Sexual assault is any form of sexual contact that occurs without ongoing and freely given consent, including the threat of sexual contact without consent. Sexual assault can be committed by a stranger, someone known to the survivor or an intimate partner.

Safety and security at the University are a priority and any form of sexual violence and misconduct will not be tolerated or condoned. The University expects all Students and Members of the University Community to abide by all laws and University policies, including B.401 Sexual Violence and Misconduct Policy and B.401.1 Sexual Violence and Misconduct Procedure (found on Policy page <https://www.capilanou.ca/about-capu/governance/policies/>)

**Emergencies:** Students are expected to familiarise themselves with the emergency policies where appropriate and the emergency procedures posted on the wall of the classroom.

## **DEPARTMENT OR PROGRAM OPERATIONAL DETAILS**

### **Vision Statement**

Graduates of the Health Care Assistant program achieve a competent level of practice as an entry-level care provider. Graduates use a caring, problem-solving approach to provide care giving assistance that promotes the physical, psychological, social and spiritual well-being of the client and resident. The graduates are able to communicate effectively with clients, residents, family members and the health team.

### **AI Use in the HCA Department**

- The use of generative artificial intelligence tools is strictly prohibited in all course assignments unless explicitly stated otherwise by the instructor in this course. This includes ChatGPT and other artificial intelligence tools and programs. .
- Students are permitted to use artificial intelligence tools, including generative AI, to gather information, or review concepts. However, students are ultimately accountable for the work they

submit, and any content generated or supported by an artificial intelligence tool must be cited appropriately. Please speak with your instructor if you are unsure about AI use in your coursework.

- Students are permitted to use AI tools for formative work such as gathering information or brainstorming but may not use it on any assessed work or final submissions.
- ***Use of AI tools is not permitted during midterm exams and final exams in this course.***

**Punctuality**

Punctuality is essential in both classroom courses and practicum given the professional nature of the program. Please see the Punctuality and Attendance Policy in the HCA Student Manual.

**Professionalism**

All students are expected to maintain the program's standards of academic achievement and professional behaviour as described in the HCA Student Manual