



## Health 2: Lifestyle and Choices – HCA 104

### Health Care Assistant Program

### Course Outline

COURSE IMPLEMENTATION DATE: September 2009  
OUTLINE EFFECTIVE DATE: September 2019  
COURSE OUTLINE REVIEW DATE: March 2024

---

#### GENERAL COURSE DESCRIPTION:

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

---

**Program Information:** This course is one of the seven courses offered in the first semester of the Health Care Assistant Program. Satisfactory completion of this course is required to progress into Semester 2 of the program.

---

**Delivery:** This course is delivered face-to-face.

**COTR Credits:** 3

**Hours for this course:** 30 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	30
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	30

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	

Other Contact Hours

- Lecture hours may be offered online.

**Course Outline Author or Contact:**

Cheryl Mackie, RN, BN, MHScN

\_\_\_\_\_  
Signature

---

**APPROVAL SIGNATURES:**

Department Head  
Sandi Hill  
E-mail: [shill@cotr.bc.ca](mailto:shill@cotr.bc.ca)

Acting Dean of Health and Human Services  
Norma Sherret  
E-mail: [nsherret@cotr.bc.ca](mailto:nsherret@cotr.bc.ca)

\_\_\_\_\_  
Department Head Signature

\_\_\_\_\_  
Dean Signature

EDCO

Valid from: September 2019 – March 2024

\_\_\_\_\_  
Education Council Approval Date

---

**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** None

**Corequisites:** HCA 101, 102, 103, 105, 106, 107

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA

Yes  No

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** N/A

---

## **Textbooks and Required 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:

Sorrentino, S.A., Remmert, L. & Wilk M.J. (2018). *Mosby's Canadian Textbook for the Support Worker*. 4<sup>th</sup> Canadian Edition. Toronto, Canada: Elsevier.

Health Care Assistant Student Guide – *Health 2: Lifestyle and Choices – HCA 104*

Please see the instructor's syllabus or check COTR's online text calculator

[http://www.cotr.bc.ca/bookstore/cotr\\_web.asp?IDNumber=164](http://www.cotr.bc.ca/bookstore/cotr_web.asp?IDNumber=164) for a complete list of the currently required textbooks.

---

## **LEARNING OUTCOMES:**

Upon the successful completion of this course, students will be able to

- discuss the interrelationship of physical, social, cognitive, emotional and spiritual dimensions and determinants of health;
  - list and describe the determinants of health and how they impact health;
  - display an understanding of how lifestyle choices and behaviours contribute to physical, emotional, social, cognitive and spiritual health;
  - display an understanding of the complexity of the change process in relation to health promotion;
  - recognize aspects of the HCA role which could lead to unhealthy stress; and
  - discuss environmental influences on health.
- 

## **COURSE TOPICS:**

- Understanding Health
- Physical Components of Health
- Emotional Components of Health
- Cognitive Components of Health
- Social Components of Health
- Spiritual Components of Health
- Lifestyle Change

*See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.*

---

## EVALUATION AND ASSESSMENT Face-to-Face:

Assignments	% Of Total Grade
Assignments	70%
Final Exam	<u>30%</u>
Total	100%

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

---

### EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

---

### COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	F
Mark (Percent)	≥ 95	94-90	89-85	84-80	79-75	74-70	< 70

---

### ACADEMIC POLICIES:

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

---

### COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.