



School of Health Education and Human Services  
HCA 101  
HEALTH & HEALING B – CONCEPTS FOR PRACTICE  
Term: Fall, 2021  
Number of Credits: 3

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## Course Outline

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**INSTRUCTOR:** Kim Diamond

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**Class Dates:** Friday Sept 10 – Friday Dec 3

**Class Times:** Sept 17, 24, Oct 1-29, Nov 5, 12, 26, Dec 3 ALL 0900-1200  
Sept 10 & Nov 19 (0900-1600)

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### COURSE DESCRIPTION

This course provides students with the opportunity to develop a theoretical framework for practice. Students will be introduced to the philosophical values and theoretical understandings that provide a foundation for competent practice as an HCA. The course focuses on concepts of basic human needs and human development, family, culture and diversity as they relate to health and healing.

### COURSE REQUIREMENTS

Prerequisite(s): None

### EQUIVALENCY OR TRANSFERABILITY

Transfers not formalized through BCCAT. Receiving institutions determine course transferability. Find further information at: <https://www.yukonu.ca/admissions/transfer-credit>

### LEARNING OUTCOMES

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

- Discuss basic human needs and common characteristics of human development as these concepts relate to person-centered care.
- Explain the principles of human development.
- Describe common developmental tasks and characteristics of various ages across the lifespan.
- Describe the role of family, culture, diversity and life experience in aging, health and healing.
- Understand stresses on family care providers.
- Discuss/understand components of culturally safe care.

### COURSE FORMAT

[www.yukonu.ca](http://www.yukonu.ca)

This course will consist of lectures, group work, learning activities, and may include guest speakers and other methods to optimise learning. The format for each class will include:

- Opportunity for questions on previous material
- Introduction and integration of new material
- Assignments & preparation for next class

Each class will have 3 hours of direct instruction time over the total of 15 classes. It is expected that this course will require 2-5 hours/week of homework and additional reading. The time required will vary by individual.

### Delivery format

This class will be delivered on-line and taught using Zoom. Zoom is a synchronous (in real time) virtual format that enables face-to-face approaches to teaching and learning. These classes take place at specific times. Every student will require an internet connection and a computer or other device. Courses, or parts of courses, using Zoom will be offered on specific days/times and a specific link will be accessible through Moodle for Zoom sessions. Each course will have a Moodle page with various resources to support learning.

### EVALUATION

Participation	10 %
Assignment	30 %
Quizzes	25 %
Final Exam	35 %
Total	100%

### ASSESSMENTS

All evaluative components for this course are mandatory and must have a passing grade (usually a minimum of 50%)

Missing or incomplete components will result in a course grade assessment of “Fail”

Late Assignments/Work: For every day an assignment **is late** (after assigned due date) **5%** will be deducted from the original paper grade.

No assignment will be accepted more than one week (7 calendar days) following the due date unless arrangements are made with instructor of that specific course in advance of due date. Assignments not handed in one week after due date will receive a 0 (failing) grade.

### Attendance & Participation

**10%**

This course is part of the HCA program which is experiential; therefore attendance is essential. Attendance means being at class on time every day, prepared for the class and participating to the end of the class. If you cannot be at class, you must notify the instructor in advance and you must arrange to get the class notes and information from your classmates. You are responsible for the information and materials of every class.

Participation includes your active involvement in the activities of the classroom and completion of assignments, reading, quizzes, etc. Coming to class regularly, being on time, being prepared for the class, speaking up in class and handing in your assignments when due will contribute greatly to your success.

You will complete a self-assessment rubric on your participation regularly.

**Quizzes; Various Dates TBD**

**25%**

Regular quizzes on course content will be written throughout the course. There are NO re-writes for quizzes.

**Elder Awareness Assignment; DUE Date: Nov 20**

**30%**

Each student will conduct an interview with an elder (i.e. someone who is over the age of 65) preferably someone who is also different from the student in gender, culture, ethnicity, and/or socio-economic level. Students will also discuss what they learned about generational differences, diversity, and changing family structures and aging in a healthy/positive manner. This is a written assignment.

**Final Exam: Dec 3, 2021**

**35%**

The final exam will be cumulative and cover the content of the course.

**NOTE:** If a student should fail the final exam a re-write/supplemental exam is not guaranteed, but at the discretion of the instructor

Other: **NO** Mid-term Exam

**COURSE WITHDRAWAL INFORMATION**

Refer to the YukonU website for important dates. <https://www.yukonu.ca/admissions/important-dates>

**Friday, November 5** is the last day to withdraw or change to audit from credit courses without academic penalty.

**TEXTBOOKS & LEARNING MATERIALS**

Polan, E. and Taylor, D. (2019) Journey across the Life Span 6th Edition F.A.Davis, Philadelphia

Wilk, J (2022) Mosby's Canadian textbook for the support worker. 5th ed. Elsevier, Toronto.

## RELATED COURSE REQUIREMENTS

It is highly recommended that all students have access to a computer or other device and reliable Internet to do their studies. The minimum specifications for a student device are as follows:

Requirement	Windows-based PC	Apple Mac/macOS-based PC
Operating System	Windows 10	macOS X
Web Browser	Firefox, Edge or Google Chrome	Firefox, Edge or Google Chrome
RAM/Memory	4 GB	4 GB
Storage	5 GB of available space	5 GB of available space

## ACADEMIC INTEGRITY

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures for further details about academic standing and student rights and responsibilities.

## YUKON FIRST NATIONS CORE COMPETENCY

Yukon University recognizes that a greater understanding and awareness of Yukon First Nations history, culture and journey towards self-determination will help to build positive relationships among all Yukon citizens. As a result, to graduate from ANY Yukon University program, you will be required to achieve core competency in knowledge of Yukon First Nations. For details, please see [www.yukonu.ca/yfnccr](http://www.yukonu.ca/yfnccr)

## ACADEMIC ACCOMMODATION

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon University Academic Regulations (available on the Yukon University website). It is the student's responsibility to seek these accommodations by contacting the Learning Assistance Centre (LAC): [LearningAssistanceCentre@yukonu.ca](mailto:LearningAssistanceCentre@yukonu.ca).

## TOPIC OUTLINE

### **Basic Human Needs**

- Hierarchy of needs:
  - Physiological
  - Safety and Security
  - Love and Belonging
  - Self-esteem
  - Self-actualization/Self-fulfilment
- Interrelationship of needs.
- Factors that affect needs and the meeting of needs in older adults.
- Needs assessment.

### **Human Growth & Development**

- Principles of human development
- Developmental Characteristics and Changes in:
  - The Pre-natal period
  - the Infant
  - Early Childhood (Toddler and preschooler)
  - Middle childhood & Late childhood
  - Adolescence
  - Early adulthood
  - Middle adulthood
  - Older Adulthood:
    - Physical changes
    - Psycho-social tasks and challenges
    - Loss as part of aging
    - Diversity in older adults
    - Factors influencing aging

### **Family in Health and Healing**

- Family development.
- Diverse family units.
- Changing family structures.
- Socio-cultural, religious, environmental and economic influences of the family.
- The role of family in health and healing: coping and adapting.
- Influence on health care choices, such as traditional and alternative medicines and treatments.
- Understanding the impact of stress on family care providers.

- Families experiencing conflict or another dysfunction.
- Supporting the family.

### **Multiculturalism and Diversity**

- Culturally Safe Care vs: Cultural Competence, Cultural Sensitivity, Humility
- Race, ethnicity and culture.
- Diversity of backgrounds.
- Gender Identity and Sexual orientation
- Generational differences.
- Prejudice and discrimination.
- Effects of culture.
- Culture and family.
- Culture and religion.
- Cultural influences on aging and health.

### **Indigenous Knowledge/Perspectives**

- Medicine Wheel and 4-stages of life; birth, childhood, adulthood, elder
  - Role of family, community, land in growth & development
  - Yukon First Nations; Culturally safe perspectives
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