



School of Health, Education & Human Services

HCA 111

Health 2 – Lifestyle & Choices

Fall, 2022

3 Credits

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## Course Outline

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**INSTRUCTOR:** Samantha Piper

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**TELEPHONE:** 867-668-8852

**OFFICE:** A2708

**CLASSROOM:** A2714 (please note that there will be a room change to A2712 for November 16<sup>th</sup> only)

**CLASS TIMES:**

**Mondays** 9am – 12pm , Sept 12<sup>th</sup> – Nov 28<sup>th</sup>

**PLUS**

1pm – 4pm, Sept 16<sup>th</sup>, Nov 4<sup>th</sup>, Nov 16<sup>th</sup>, and Nov 23rd

**CRN:** 10053

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### COURSE 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 affect 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. Students will also be introduced to the concept of health from a local and global perspective and the factors that affect community health.

### COURSE REQUIREMENTS

**Prerequisite(s):** None

**Corequisite(s):** Full-time enrollment in HCA program unless special permission provided by HCA Coordinator

### EQUIVALENCY OR TRANSFERABILITY

Receiving institutions determine course transferability. Find further information at:

<https://www.yukonu.ca/admissions/transfer-credit>

### 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)

### LEARNING OUTCOMES

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

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

- explain the interrelationship of physical, social, cognitive, emotional and spiritual determinants of health and their relationship to lifestyle choices.
- identify aspects of the HCA role which could lead to unhealthy stress and how to mitigate stress.
- describe how one's ability to think, reason, interpret, remember, assess, and solve problems is related to health.
- describe the complexity of the change process in relation to health promotion, including the effects of social, cultural and spiritual components on choices and behaviors.
- describe how one's choices affect one's environment and how the environment influences one's health and lifestyle choices.
- discuss factors affecting health in the community and plan a strategy for a healthier community.

## **COURSE FORMAT**

Each class will have 3 hours of direct instruction time over the total of 15 classes. Instructional hours might include field activities, lectures, group work, learning activities, and may include guest speakers and other methods to optimize learning. It is expected that this course will require 2-4 hours/week of homework and additional reading. It is important to note that the time required for successful course completion will vary by individual.

### **Delivery format**

This course is delivered on campus, in person. Students are expected to attend class and may be required complete assignments and/or activities online or individually. There may be no facility for including students at a distance. The format for each class will include:

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

## **EVALUATION**

Engagement and Participation	15 %
Wellness Journal	25 %
Personal Wellness Plan	35 %
Community Wellness Challenge	25 %
<b>Total</b>	<b>100%</b>

### **Engagement and Participation**

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 student cannot be at class, student must notify the instructor in advance and arrange to get the class notes and information from classmates. Students are responsible for the information and materials of every class.

Participation includes 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 assignments when due will contribute greatly to student's success.

### **Assignments**

#### **Wellness Journal**

The Wellness Journal is a reflective journal about the student's own health and wellness, experiences, insights, and the students' responses to specific topics assigned by the instructor throughout the course.

### **Personal Wellness Plan**

This assignment is an action plan for positive change to enhance the wellness based on themes in student's wellness journal, health assessments, and discussions in class and with instructor. Student will plan and carry out a lifestyle change project and report on the outcome.

### **Community Wellness Challenge - Group Project**

This assignment provides an opportunity to show evidence of learning by working in small groups to use a problem-solving approach and a change in health behavior/health promotion process to formulate a wellness plan which addresses a community wellness challenge.

**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.

## **COURSE WITHDRAWAL INFORMATION**

Students may officially withdraw from a course or program without academic penalty up until two-thirds of the course contact hours have been completed. Specific withdrawal dates vary, and students should become familiar with the withdrawal dates of their program. See withdrawal information at [www.yukonu.ca/admissions/money-matters](http://www.yukonu.ca/admissions/money-matters)

Refer to the YukonU website for important dates: [www.yukonu.ca/admissions/important-dates](http://www.yukonu.ca/admissions/important-dates)

Refunds may be available. See the Refund policy and procedures at [www.yukonu.ca/admissions/money-matters](http://www.yukonu.ca/admissions/money-matters)

## **TEXTBOOKS & LEARNING MATERIALS**

Brown, C. B. (2010). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are.* Center City, Minn.: Hazelden.

## **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.

## **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**

### **Understanding Wellness**

- Wellness as process i.e. a journey not a destination.
- Holistic Perspective, Physical, psychological/emotional, cognitive, social and spiritual dimensions of wellness.
- Interrelatedness of all aspects of health: introduction of the wellness wheel.
- Wellness as it relates to lifestyle and choices.

### **Physical components of Wellness**

- Physical activity.
- Physical self-care.
- Sleep and rest.
- Nutrition: Nutrition throughout the life cycle; factors that affect eating and nutrition; Canada's Food Guide.
- Risk factors & lifestyle
- Harmful substances (general introduction
- Avoiding or limiting harmful substances – licit and illicit drugs, alcohol, tobacco and caffeine.

### **Psychological/emotional (feeling) components of wellness:**

- Interaction between emotions/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 (thinking) components of wellness:**

### **Social (interactive) components of health:**

- Social bonds and social supports in relation to health.
- Cultural and societal influences on lifestyle and choices.

### **Spiritual components of health:**

- Personal values and beliefs.
- Clarification of values and beliefs which are personally significant.
- Meaning making.

- Activities that enrich and refresh.

### **Lifestyle Change**

- Complexity of the lifestyle change process.
- Critical thinking and problem-solving as it relates 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.

### **Community and Health**

- Global Perspectives
  - Environment
  - Socio-Economic
  - Political
- Influence of Culture & Gender
- Community/local Perspectives
  - Environment
- Choice & Empowerment
- Social determinants of health

### **Indigenous knowledge and perspectives**

- Health and wellness through indigenous perspectives
- Cultural influences on health and wellness
- Spirituality as a component of health and wellness