
COURSE NAME: PSW135 Healthy Living

Credit Value:	3
Total Course Hours:	28
Prerequisite Course(s):	None
Corequisite Course(s):	None

COURSE DESCRIPTION

This course introduces students to the concepts of health, wellness and health promotion across the lifespan. Students will learn about physical activity levels, healthy eating, injury prevention, tobacco use, second-hand smoke exposure and, alcohol management.

PLAR INFORMATION

This course is eligible for Prior Learning Assessment and Recognition. Students are advised to discuss options with their program coordinator.

COURSE LEARNING OUTCOMES

Upon completion of this course, the student will have reliably demonstrated the ability to:

1.0 Demonstrate the concepts of health, wellness and health promotion across the lifespan.

- 1.1 Define health, wellness and health promotion.
- 1.2 Outline the seven dimensions of health.
- 1.3 List and explain the five concepts of health.
- 1.4 Describe the health status of Canadians and the factors that contribute to national health.
- 1.5 Apply a behaviour-change theory to a personal health and wellness action plan.
- 1.6 Explain the social determinants of health.

2.0 Explain the role lifestyle choices play in preventing diseases and injuries across the lifespan.

- 2.1 Explain the importance of lifestyle choices in preventing heart disease, type 2 diabetes and cancer.
- 2.2 Identify common chronic diseases.
- 2.3 Define factors and conditions which shape a person's health and influence the likelihood of injuries.
- 2.4 Delineate Canada's health-care system.
- 2.5 Identify and access health resources.
- 2.6 Discuss the evaluation of health news, online medical advice and types of complementary and alternative therapies.

3.0 Explain the role of physical activity as it relates to a healthy lifestyle.

- 3.1 Define physical activity for health, physical fitness, and performance.
- 3.2 Describe the health benefits of regular physical activity.
- 3.3 Describe the components of a health-related physical fitness program and the FITT principle.
- 3.4 Explain the recommendations of select Canadian guidelines for physical activity.
- 3.5 Describe some of the Canadian active living initiatives that have been designed to increase the physical activity levels of Canadians.

4.0 Describe the role of nutrition as it relates to a healthy lifestyle.

- 4.1 Identify and explain the purpose of "Eating Well with Canada's Food Guide."
- 4.2 List the basic nutrients necessary for a healthy body and describe their functions.
- 4.3 Define the science of nutrition.
- 4.4 Describe how to ensure healthy menu planning and food selection by using the "Food Guide and Recommended Nutrient Intake for Canadians."
- 4.5 Identify the Canadian food labelling laws.
- 4.6 Discuss the concept of nutrition misinformation as it pertains to the role of the PSW.

5.0 Discuss unhealthy lifestyle choices.

- 5.1 Explain the short and long-term effects of smoking.
- 5.2 Describe the use, misuse, and abuse of controlled substances in Canada, and its impact on life.
- 5.3 Describe drug use, misuse, abuse, and addiction.
- 5.4 Explain the symptoms, causes and treatments of alcoholism, its cost to society, and its effects on the family.

- 5.5 Describe the traits of a sedentary lifestyle and the implications it has on health.

6.0 Describe the role of stress and stress management as it relates to a healthy lifestyle.

- 6.1 Define stress, stressors, and stress reaction.
- 6.2 List sources of stress and explain the three phases of the general adaptation syndrome (GAS).
- 6.3 Discuss time management as a method to cope with stress.
- 6.4 Identify stress management techniques.

GENERAL EDUCATION

This is not a General Education course.

PROGRAM VOCATIONAL OUTCOMES

This course contributes to the following Ministry of Training, Colleges and Universities approved program vocational learning outcomes (PVLO):

Personal Support Worker

1. Work within the personal support worker role in community, retirement homes, long-term care homes and/or hospital care settings in accordance with all applicable legislation and employer's job description, policies, procedures and guidelines.
2. Act responsibly and be accountable for own actions while recognizing the boundaries of knowledge and skills within the personal support worker role that require collaboration with the clients, families, supervisors and/or other members of the interprofessional care/service team.
3. Participate as a member of the interprofessional care/service team and maintain collaborative working relationships in the provision of supportive care in community, retirement homes, long-term care homes and/or hospital care settings.
4. Provide client-centred and client-directed care that is based on ethical principles, sensitive to diverse client and family values, beliefs and needs, and which follows the direction of the plan of care/service plan.
5. Establish and maintain helping relationships with clients and their families reflecting open communication, professional boundaries, employer's policies and adhering to confidentiality and privacy legislation.
6. Identify relevant client information using basic assessment and communication skills and report and document findings in accordance with the requirements of employer policies and procedures and all applicable legislation.
7. Promote and maintain a safe and comfortable environment for clients, their families, self and others including the implementation of infection prevention and control measures and emergency first aid procedures that are in keeping with the plan of care/service plan, employer policies and procedures, and all applicable legislation.
8. Assist clients across the lifespan with routine activities of daily living by applying basic knowledge of growth and development, common alterations in functioning, disease prevention, health promotion and maintenance, rehabilitation and restorative care.
10. Assist with household management tasks and instrumental activities of daily living in accordance with the plan of care/service plan and considering the preferences, comfort and safety of clients, families and

significant others.

11. Assist clients who are caring for dependent individuals considering client and family choices, professional boundaries and the direction of the plan of care/service plan.
12. Identify and report situations of neglect, and potential, alleged or witnessed/actual incidents of abuse, and respond in accordance with all applicable legislation and employer's policies and procedures.

ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES

This course contributes to the following Ministry of Training, Colleges and Universities approved essential employability skills (EES) outcomes:

1. Communicate clearly, concisely, and correctly in the written, spoken, and visual form that fulfils the purpose and meets the needs of the audience.
2. Respond to written, spoken, or visual messages in a manner that ensures effective communication
3. Execute mathematical operations accurately
4. Apply a systematic approach to solve problems
5. Use a variety of thinking skills to anticipate and solve problems
6. Locate, select, organize, and document information using appropriate technology and information systems.
7. Analyse, evaluate, and apply relevant information from a variety of sources.
8. Show respect for the diverse opinions, values, belief systems, and contributions of others
9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
10. Manage the use of time and other resources to complete projects.
11. Take responsibility for one's own actions, decisions, and consequences.

EXTERNAL COURSE ACCREDITATIONS AND CONDITIONS

COURSE EVALUATION

Test 20%
 Assignment 30%
 Mid-Term 20%
 Project 10%
 Final theory exam 20%
 TOTAL 100%

PROGRAM SPECIFIC GRADING

A minimum grade of 65% is required to pass this course.

GRADING SYSTEM

A+:	90-100%	B+:	77-79%	C+:	65-69%	D:	50-54%	S - Satisfactory
A:	85-89%	B:	73-76%	C:	60-64%	F:	0-49%	I - Incomplete
A-:	80-84%	B-:	70-72%	D+:	55-59%			F - Repeat course

*For a complete detailed description please refer to the College website.

LEARNING RESOURCES

Required Text:

Donatella, Rebecca J. Kolen-Thompason, Angela M. (2015). Health The Basics Sixth Edition.

Pearson 13:978-0-321-89255-3

(2013) Behavior Change Log Book and Wellness Journal Second Edition

Pearson 13: 978-0-321-80317-7

Resources listed on the course outline support the achievement of learning outcomes, and may be used throughout the course to varying degrees depending on the instructor's teaching methodology and the nature of the resource.

LEARNING ACTIVITIES

Discussions, Projects, Self-Reflections/Inquiries

DELIVERY MODE

In Class or Online Delivery

EXPERIENTIAL LEARNING

All full time programs of study at Canadore College provide students with the opportunity for experiential learning or applied research. This course provides students with an experiential learning opportunity through – Formal Course Projects.

ACADEMIC POLICIES

- Academic Integrity
- Academic Appeal
- Academic Attendance
- Grading and Assessment

For academic policies please see: <http://www.canadorecollege.ca/about-us/corporate-policy-manual>.

COLLEGE POLICIES

- Protecting human rights in support of a respectful college community

For college policies please see: <http://www.canadorecollege.ca/about-us/college-policies>.

STUDENT SUCCESS SERVICES

YOUR SUCCESS MATTERS!

We offer comprehensive, student-focused services designed to help you succeed. Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies. We offer:

- Study skills workshops
- Peer tutoring
- Career guidance
- Mental health and wellness tips and strategies
- Resource centre
- Assistive devices

The ultimate goal of Student Success Services is to support students so they can achieve success academically, in their career aspirations, and in their personal lives. Please don't hesitate to drop by C262 or to book an appointment please call 1-705-474-7600 ext. 5205.

FIRST PEOPLES' CENTRE:

We offer a culturally safe environment where our student focused services provide you with the following CONFIDENTIAL services:

- One on one counselling
- Elder in residence
- Peer tutoring
- Peer mentorship
- Lunch & learn workshops on study skills, self-care, life skills
- Resource Centre

Drop by our offices at C254 College Drive, E101 Commerce Court or call 705 474 7600 Ext. 5961 College Drive / 5647 Commerce Court.

WAIVER OF RESPONSIBILITY

Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.

HISTORICAL COURSE OUTLINES

Students use course outlines to support their learning. Students are responsible for retaining course outlines for future use in applications for transfer of credit to other educational institutions.