



Personal and Occupational Health, Wellness, and Safety – ESEP 005 Education and Skills for Employment Program

Course Outline

COURSE IMPLEMENTATION DATE: January 2017
OUTLINE EFFECTIVE DATE: September 2022
COURSE OUTLINE REVIEW DATE: March 2027

GENERAL COURSE DESCRIPTION:

This course focuses on helping students identify and describe personal attributes, strengths and challenges related to personal and occupational health and safety. Students develop personal learning strategies, coping strategies to deal with change, and identify common stressors and strategies for stress management. Students will complete FoodSafe and WHMIS certificates. They will also participate in a First Aid awareness course.

Program Information: This course is required to complete the Education and Skills for Employment Program.

Delivery: This course is delivered face to face.

COTR Credits: None

Hours for this course: 50 hours

Typical Structure of Instructional Hours:

| Instructional Activity | Duration |
|------------------------------|-----------|
| Instructional Hours | 50 |
| Seminars / Tutorials | |
| Laboratory / Studio Hours | |
| Practicum / Field Experience | |
| Other Contact Hours | |
| Total | 50 |

Practicum Hours (if applicable):

| Type of Practicum | Duration |
|------------------------|----------|
| On-the-Job Experience | |
| Formal Work Experience | |
| Other | |
| Total | |

Other Contact Hours:

- Guided practice

Course Outline Author or Contact:

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Signature

APPROVAL SIGNATURES:

Department Head

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Department Head Signature

Dean Signature

EDCO

Valid from: September 2022 – March 2027

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: Admitted to ESEP or instructor permission

Corequisites: N/A

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>.

Student 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:

Required Resources

Instructor modules and worksheets on health and nutrition, FOODSAFE Level 1, WHMIS and First Aid will be distributed to the students.

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

LEARNING OUTCOMES:

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

- set goals in areas of health management, e.g. nutrition, fitness, leisure;
 - explain the relationship between positive health behaviours and the prevention of injury, illness, and disease;
 - demonstrate a practical knowledge of the main areas of health and wellness;
 - identify common stressors and strategies (coping skills) for stress management;
 - describe and demonstrate ways to reduce risks related to unhealthy behaviours and attitudes affecting physical health;
 - display a practical knowledge of the main ideas in the FOODSAFE Level 1 course;
 - demonstrate a practical knowledge of the main ideas in the WHMIS course; and
 - exhibit a practical knowledge of health and safety at work.
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COURSE TOPICS:

- Personal Health and Wellness
- First Aid Basic Knowledge
- FOODSAFE
- Occupational Health and Safety
- WHMIS

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

EVALUATION AND ASSESSMENT (Face-to-Face Delivery):

| Assignments | % of Total Grade |
|--|------------------|
| Assignments | 20% |
| Participation in WHMIS | 20% |
| Participation in FoodSafe | 40% |
| Participation in First Aid Basic Knowledge | <u>20%</u> |
| Total | 100% |

COURSE GRADE:

A completion of 75% or higher is required.

| | |
|-----|-------------------------------|
| COM | Completed to defined standard |
| NCG | No Credit Granted |

ACADEMIC POLICIES:

See 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.