



Common Health Challenges – HCA 105

Health Care Assistant Program

Course Outline

COURSE IMPLEMENTATION DATE: September 2009
OUTLINE EFFECTIVE DATE: September 2024
COURSE OUTLINE REVIEW DATE: March 2029

GENERAL COURSE DESCRIPTION:

This course introduces the students to the normal structure and function of the human body and normal bodily changes associated with aging. Students explore common challenges to health and healing in relation to each body system. Students are also encouraged to explore person-centered practice as it relates to the common challenges to health and, in particular, to end-of-life care.

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 and online (synchronous/asynchronous).

COTR Credits: 4

Hours for this course: 115 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	115
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
Total	115

Practicum Hours (if applicable):

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

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
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Dean of Health and Human Services
Heather Hepworth
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Department Head Signature

Dean Signature

EDCO

Valid from: September 2024 – March 2029

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: None

Corequisites: HCA 101, HCA 102, HCA 103, HCA 104, HCA 106, HCA 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:

Wilk, M.J., Sorrentino, S.A., & Remmert, L.N. (2022). *Sorrentino's Canadian Textbook for the Support Worker*. 5th Edition. Toronto, Canada: Elsevier.

COTROnline HCA 105

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

LEARNING OUTCOMES:

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

- explain the structure and function of the human body and normal changes associated with aging.
 - discuss common challenges to health and healing.
 - discuss nutrition as it relates to managing common health challenges.
 - discuss components of person-centered, end-of-life care for clients and families.
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COURSE TOPICS:

- Medical Terminology
- Structure and Function :of the Human Body:
 - Integumentary System
 - Musculoskeletal System
 - Cardiovascular System
 - Respiratory System
 - Digestive System
 - Urinary System
 - Reproductive System
 - Endocrine System
 - Nervous System
 - Immune System
- Challenges to Health and Healing
- Nutrition and Common Health Challenges
- End of Life Care

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

EVALUATION AND ASSESSMENT Face-to-Face and/or Online

Assignments	% Of Total Grade
Exam 1	25%
Exam 2	25%
Exam 3	25%
Assignments	<u>25%</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 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.