



## Health & Healing 1: Living Health – NURS 110

### Bachelor of Science in Nursing (BSN) Program

### Course Outline

COURSE IMPLEMENTATION DATE: September 2009  
OUTLINE EFFECTIVE DATE: September 2021  
COURSE OUTLINE REVIEW DATE: April 2026

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#### GENERAL COURSE DESCRIPTION:

This course is an introduction to the meaning of health including personal health, family health, community health, and societal health. Participants examine significant theoretical and conceptual frameworks of health including health promotion, primary health care, prevention and determinants of health. By reflecting on personal experiences, participants have the opportunity to identify personal resources and/or challenges that impact health as well as recognize the diversity of beliefs, values, and perceptions of health held by others. Opportunities to learn basic health assessment skills are included in this course.

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**Program Information:** This course is required for the first year of the Bachelor of Science in Nursing program at College of the Rockies. The materials in this course represent a component of a four year integrated BSN program.

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**Delivery:** This course is delivered face to face.

**COTR Credits:** 6

**Hours for this course:** 84 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	42
Seminars / Tutorials	42
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	<b>84</b>

#### Practicum Hours (if applicable):

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

**Course Outline Author or Contact:**

Jennifer Ham, RN, BSN, MSN

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Signature

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**APPROVAL SIGNATURES:**

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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2021 – April 2026

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Education Council Approval Date

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**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** None

**Corequisites:** NURS 111, 113, 115 and BIOL 181

**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

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## **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:

Killian, T. (2022). *Gray Morris's calculate with confidence* (2<sup>nd</sup> Canadian ed.). Elsevier.

Potter, P.A., Perry, A.G., Stockert, P., Hall, A., Astle, B.J., & Duggleby, W. (Eds.). (2019). *Canadian fundamentals of nursing* (6th ed.). Elsevier Canada.

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.

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## **Learning Outcomes:**

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

- gain a current theoretical understanding of health and the historical development of health promotion and primary health care in relation to nursing practice;
  - develop a heightened awareness of their own personal concepts of health and living health, as well as contextual differences and how these differences influence the way people behave, throughout their life span, in relation to health;
  - explore the concept of client;
  - explore the client within the context of individual, family, community, population or society;
  - gain an understanding of health in a global context; and
  - describe the role and responsibilities of Registered Nurses to ensure individual, family, and community centred care through interprofessional practice.
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## **COURSE TOPICS:**

### **Process**

Learning activities are designed to engage participants actively in achieving an understanding of the concepts, theories and skills of this course. Participants engage in critical thinking about their own health and about caring, health promotion, prevention and primary health care. Participants are encouraged to participate in active dialogue about health with others and to share experiences arising out of the learning activities.

### **CONCEPTS & SUBCONCEPTS:**

#### **CLIENT**

##### **Community**

- Consideration of community as an entity, not a collection of individuals

## **Family**

- Responsibility to provide care to families, not just individuals

## **Individual**

- Within the context of family, community, society, populations, the global community

## **Personal Meaning**

- Health
- Health promotion

## **CONTEXT**

- Introduction to selected aspects of communities that have an impact on health

## **Environment**

- Beginning consideration of climate, pollution issues that influence health

## **Family**

- Introducing the influence of family on health

## **Global Village**

- Globalization and its influence on health (beginning discussion) – food availability, western lifestyles

## **Society**

- Introduction to trends in society and how these can influence health

## **Transitions and Change**

- Developmental
- Lifestyle
- Situational

## **HEALTH AND HEALING**

### **Epidemiology**

- Brief introduction to epidemiology in relation to managing communicable disease (e.g. hand washing)

### **Health**

- Determinants, prerequisites
- Across the lifespan (preconception to death)
- Holism

### **Health Promotion**

- Ways of being
- Theoretical perspectives/emancipatory/transformational
- Lifelong learning
- Teaching/learning in partnerships
- Primary health care
- Historical development
- Principles and practices

- Prevention
- National and international variations and global interpretation

## NURSE

### Decision Making

- Introduction to physical, mental health, community assessment
- Considerations of diversity in health assessment (e.g. ethnicity, spirituality, marginalized groups, physically disabled)
- Assessment across the lifespan

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

### EVALUATION AND ASSESSMENT:

Assignments	% Of Total Grade
Windshield Survey of Community Report	25%
Simulation Centre Nursing Action Demonstrations	20%
Group &/or Individual Small Activities/Assignments	25%
Final Exam	<u>30%</u>
Total	100%

All written assignments must be completed to achieve a passing grade.

*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.*

### ATTENDANCE AND ASSIGNMENT REQUIREMENTS:

Refer to instructor's syllabus.

### ADDITIONAL RELATED INFORMATION/POLICIES:

1. All learning experiences are mandatory. Students who are unable to attend a scheduled learning event must notify the instructor at the earliest possible opportunity.
2. Absence from learning experiences, for any reason, may prevent the student from being able to meet the requirements for that course. Students who have missed 10% or more of their clinical practice experiences will be evaluated for their eligibility to remain in the program. **(Clinical courses only!)**
3. All assignments must be submitted by the due date. A penalty of 10% per calendar day will be deducted for late assignments. Extensions will be considered on an individual basis when legitimate circumstances support the student's request, provided the extension is negotiated 48 hours in advance of the due date.

**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.

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**COURSE GRADE:**

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	F
Mark (Percent)	≥ 95	94-90	89-85	84-80	79-75	74-70	69-65	64-60	< 60

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**ACADEMIC POLICIES:**

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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**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 will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.