



## Health Promotion 1 – PPNP 105 Practical Nursing Program

### Course Outline

COURSE IMPLEMENTATION DATE: September 2012  
OUTLINE EFFECTIVE DATE: September 2018  
COURSE OUTLINE REVIEW DATE: March 2023

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#### GENERAL COURSE DESCRIPTION:

This course develops a beginning knowledge of normal growth and development, and introduces the concepts of health promotion, health inequities and the determinants of health. Topics include disease prevention, health enhancement, health protection, health restoration/recovery care and support.

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**Program Information:** This course is one of eight courses required in Level 1 of the Practical Nursing program. Satisfactory completion of this course is required to progress to the next level.

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

**COTR Credits:** 2

**Hours for this course:** 30 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	30
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	<b>30</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:**

Natasha Fontaine, RN, BN, PIDP

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Signature

**APPROVAL SIGNATURES:**

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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2018 – March 2023

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Education Council Approval Date

**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** PPNP 101 with a minimum grade of 65% or equivalent.

**Corequisites:** PPNP 104, 106, 107

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA  Yes  No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**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:** PNUR 104 ⇨⇨ PPNP 105

**Date changed:** September 2012

## 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:

Potter, P. A. & Perry, A. (2014). *Canadian fundamentals of nursing* (5<sup>th</sup> ed.). Toronto, ON: Elsevier Canada

Stamler, L. L. and Yiu, L. (2011). *Community health nursing – A Canadian perspective* (3<sup>rd</sup> Ed.). Toronto. Pearson 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

- explain definitions and concepts related to health promotion;
  - identify and explain epidemiology related to health promotion;
  - explain the difference between primary, secondary and tertiary prevention;
  - provide examples that explain the difference between health promotion and disease prevention;
  - discuss the major components of Canada's health care system;
  - explain how the determinants of health impact individual health and wellness;
  - identify health disparities between Indigenous people and non-Indigenous people in Canada;
  - identify the determinants of health of Indigenous populations;
  - define cultural sensitivity and awareness in health promotion;
  - explain the principles of chronic disease management;
  - describe teaching and learning principles for health promotion across the lifespan;
  - describe the steps of communicable disease reporting;
  - describe common normal growth and development theories across the lifespan;
  - explain the concept of harm reduction;
  - define trauma-informed practice; and
  - define health promotion principles in LGBTQ2 care.
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## COURSE TOPICS:

- Canada's health care system
- Holistic health
- Wellness and health
- Determinants of health
- Maslow's hierarchy of needs
- Health promotion in Canada
- Normal growth and development across the lifespan
- Chronic disease management
- Understanding health disparities
- Diversity in health beliefs: including Indigenous and increasing multicultural populations
- Introduction to health statistics and epidemiology
- Teaching and learning in health promotion
- Trauma-informed practice

- Communicable diseases and epidemiology
- Cultural sensitivity and awareness in health promotion
- Harm reduction
- Health literacy

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

**EVALUATION AND ASSESSMENT:**

Assignments	% Of Total Grade
Midterm Exam	35%
Group Project:	
Part A: Determinants of Health Paper	35%
Part B: Determinants of Health Presentation	<u>30%</u>
Total	100%

*No rewrites will be granted for any assignments or exams within this course.*

*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.*

**Student Attendance/Absence**

- As adult learners, students are expected to attend all classes. Attendance is taken as a means of monitoring student success. In the event of illness or other unavoidable cause of absence, the student should notify the appropriate instructor as soon as possible.
- Students must attend all clinical/preceptorship experiences. If illness or other unavoidable absence occurs, the student must notify the appropriate instructor prior to the time s/he is expected.
- Unexcused/excessive absences from clinical/preceptorship may result in student withdrawal from the program.

**Written Assignments**

- Assignments about clients must be written using the clients' INITIALS ONLY.
- A 15% penalty will be applied for each day past due date for late assignment submissions. If any assignment is more than three (3) days late it will be assigned a grade of "0".

**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-	C+	F
Mark (Percent)	≥ 95	94-90	89-85	84-80	79-75	74-70	69-65	< 65

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

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