

SAMPLE COURSE OUTLINE

Creation date: Jan 13, 2020

Revision date: Jan 13, 2020

Course Code, Number, and Title:

HCAS 1101: Lifestyle and Choices

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 2.5 h

Credits: 1.5

Transfer Credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

Health is a multifaceted concept including physical, social, emotional and spiritual dimensions. Students explore health from a holistic perspective, as well as the components of a health-enhancing lifestyle. Students reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. A model that students may apply in other courses to understand the multi-faceted aspects of health and healing will be introduced.

Corequisites: HCAS 1100; HCAS 1110; HCAS 1120; HCAS 1130; HCAS 1140

Learning Outcomes:

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

- Discuss the interrelationship of physical, social, cognitive, emotional and spiritual dimensions and the Determinants of Health
- Display an understanding of how lifestyle choices and behaviours contribute to physical, psychological, social, cognitive and spiritual health
- Display an understanding of the complexity of the change process in relation to health promotion

Instructor(s): TBA

Office: TBA

Phone: (604) 323-XXXX

Email: TBA

Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Sorrentino, S., Remmert, L., Wilk, M.

Mosby's Canadian Textbook for the Support Worker 4th Canadian Edition

"This generic outline is for planning purposes only".

Sorrentino, S., Remmert, L., Kelly, R., Wilk, M., Cammaert, M.
Workbook to accompany Mosby's Canadian Textbook for the Support Worker 4th Canadian Edition

For textbook information, visit https://mycampusstore.langara.bc.ca/buy_courselisting.asp?selTerm=318

Note: *This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.*

Assessments and Weighting:

(An example of assessments might be:) %

Midterm = 20%
Final Exam = 30%
Assignments = 50%

Grading System: Letter grade

Specific grading schemes will be detailed in each course section outline.

Passing Grade = C+

Information unavailable, please consult Department for details

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

Understanding health
Components of health
Lifestyle change

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)
[F1004 - Code of Academic Conduct](#)
[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)
[E2006 - Appeal of Final Grade](#)
[F1002 - Concerns about Instruction](#)
[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies:

“This generic outline is for planning purposes only”.