

Emergency Services Department

COURSE OUTLINE –Winter 2025

EM1600 (xx): Personal Health and Wellness – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Carolyn Harrington **PHONE:** 780-539-2811
OFFICE: Remote **E-MAIL:** CHarrington@nwpolytech.ca
OFFICE HOURS: As posted in course or contact instructor to set up an appointment

CALENDAR DESCRIPTION: This course will introduce you to the physical, social, mental, occupational, emotional, environmental, and spiritual dimensions of personal health and wellness. These dimensions are described within the context of the Canadian Health Care System and your own individual community. Topics include primary health care, nutrition, exercise, stress management, weight management, eating disorders, common health issues and their prevention. You will be expected to integrate knowledge of the seven dimensions of health and apply this knowledge to a self-analysis of your own health and physical fitness. Finally, you will incorporate change management theory to develop, implement and evaluate a personal wellness plan.

The intent of this course is to promote a healthy lifestyle. By examining determinants of health, the current care system, the seven dimensions of health and applying these concepts to your own lifestyle, you will be better equipped to function as role models and act as change agents for health promotion in your community.

PREREQUISITE(S): Not applicable

COREQUISITE(S): EM2000, EM2020, EM2030, EM2200, EM2500

REQUIRED TEXT/RESOURCE MATERIALS:

Students are responsible for all fees associated with ProctorU, a live proctoring service for online exams. Fees are paid when you schedule your exams through ProctorU.

Pricing per exam is as follows:

60 minutes or less - \$16 USD

61-120 minutes - \$25 USD

121 - 180 minutes - \$31 USD

SUPPLEMENTAL LEARNING RESOURCES

The resources listed in this section are optional but provide additional information to support learner success.

Instructor handouts and case studies Articles, journal references, and websites identified by Instructor.

Students are encouraged to utilize research and other resources to augment their learning and share resources with classmates by posting in the on-line discussions.

DELIVERY MODE(S):

1. Online delivery of content
2. Pre-class and assigned readings.
3. Class discussions
4. Group exercises/Laboratories
5. Online activities
6. Classroom case studies

LEARNING OUTCOMES:

1. Analyze the seven dimensions of health.
2. Apply the concepts of health and wellness, health promotion and disease prevention to yourself.
3. Discuss the determinants of health in the context of various populations.
4. Interpret the personal impact of each determinant of health.
5. Describe a healthy lifestyle and explain its role in the prevention of common health disorders.
6. Explain the unique health challenges of rural residents.
7. Describe the aging process and choose strategies to promote healthy aging.
8. Integrate change management concepts to design and implement a personal wellness plan.
9. Evaluate community agencies promoting health within the seven dimensions.
10. Identify the personal role of an informed consumer of the Canadian Health Care System by utilizing reliable and credible health information.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page

<http://www.transferalberta.alberta.ca>.

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Type of Assessment	Description of Assessment	Value
Assignments	3 Assignments as provided by the instructor, each worth 20%	60%

Participation	Online participation	10%
Final Exam	Final Comprehensive Examination	30%
TOTAL		100%

As part of NWP's commitment to academic integrity, all written assignments submitted by students will be reviewed using Turnitin software, an online plagiarism detection tool, to verify originality and ensure academic integrity. Turnitin compares student work to a vast database of academic sources, publications, and previously submitted assignments to identify potential instances of plagiarism or improper citation(s). By enrolling in this course, students acknowledge and consent to the use of Turnitin for assignment submissions.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. A minimum of a C- must be obtained to successfully Pass EM1600.

Grading Chart for courses with Alpha Grading:

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Onsite week attendance - as per onsite week schedule

Date/Session	Notes
1 January 6-12, 2025	Welcome, Course Overview, Content Introduction
2 January 13-19, 2025	Lesson 1 Introduction to Personal Wellness <i>*January 15 is the last day to add or withdraw from course with no academic or financial penalty</i>
3 January 20-26, 2025	Lesson 2 Choosing to Change Assignment #1 Due January 26th, 2025
4 January 27-February 2, 2025	Lesson 3 Psychosocial Health
5 February 3-9, 2025	Lesson 4 Understanding Stress

6 February 10-16, 2025	Lesson 5 Destructive Coping
7 February 17-23	<i>*Winter Break February 17-21 No Classes*</i>
8 February 24- March 2, 2025	Lesson 6 Substance Use and Abuse
9 March 3-9, 2025	Lesson 7 Daily Physical Activity
10 March 10- 16, 2025	Lesson 8 Nutrition
11 March 17-23, 2025	Lesson 9A The Big 3 Assignment #2 due March 23, 2025
12 March 24-30, 2025	Lesson 9B Weight Management
13 March 31- April 6, 2025	Lesson 10 Managing Your Risk for Infectious Disease <i>*March 31st is the final date to withdraw from the course and receive a mark of 'W'.</i>
14 April 7- 13, 2025	Lesson 11 Personal Safety Assignment #3 due Friday, April 11 2025 <i>Last day of classes April 11.</i>
15 April 14-23, 2025	Final Comprehensive Exam April 22, 2025 1300 hours via ProctorU

*Instructor reserves the right to change due dates and weeks of lesson plans, assignments, and exams as necessary to comply with yearly calendar changes. Each year, the instructor will inform the students with any schedule changes.

GENERAL COURSE EXPECTATIONS:

Participation is essential for success in this class, and if a student misses a class/lab it is the student's responsibility to obtain ANYTHING missed during class/lab. The student will be assigned a mark of zero for those assignments, exams, quizzes, labs, etc. missed. IF the student contacts the instructor PRIOR to missing any of the above forementioned, and IF the student has an acceptable excuse (the validity of the excuse is at the discretion of the instructor and will require documentation i.e., doctor's note), the student may be excused without being deducted any marks. Missed onsite lab days may come at an additional expense to students regardless of the circumstances associated with not attending.

STUDENT RESPONSIBILITIES:

Enrolment at NWP assumes that the student will become a responsible citizen of the Institute. As such, each student will display a positive work ethic, take pride in, and assist in the maintenance and preservation of Institute property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting instructor expectations concerning attendance, assignments, deadlines, and appointments.

NWP Policies:

It is your responsibility to be familiar with the information contained in this Course Outline and the Paramedic student handbook and to clarify any areas of concern to the instructor. It is also your responsibility to be familiar with NWP Policies.

Student attendance:

Class attendance is useful for two reasons. First, class attendance maximizes a students' learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

Pre-reading

Ensure that you do the pre-reading early, so that you have time to think about what you have read before the exam and before the class if you wish.

Preparing questions

Make a note of anything you are not clear about and prepare a question to ask early in the class to clarify your understanding. This will demonstrate your interest in the topic and indicate to the instructor that you have done the required reading.

Preparing responses

When you read, try to engage with the ideas critically and actively. Make a note of any ideas about which you have strong opinions, positive or negative. Think about how you would refer to these ideas during the class or express your views about them. What language would you use?

Note-taking during discussions and Class time.

Classes can be a very useful source of ideas on a topic, not only from the instructor, but also from other participants. Make a note of any ideas which may be useful to you in writing assignments or broadening your reading.

In most small classes there is an expectation that you will contribute actively to the discussion, and not simply be a 'silent participant'. In some courses marks are given for active participation in class.

Learn people's names.

Make a conscious effort to learn -and use -the names of all the other people in the class. This includes the students at the alternate site while using video conferencing.

Using visualization

Every class you attend is also a preparation for the next class. At the end of a class, play it back in your mind, not just for the content and ideas, but remembering responses, and the sort of language used. Then, before the next class, think about the questions and comments you have thought of, and visualize in your mind how the discussion will go. Most importantly, imagine yourself taking part: using people's names, getting their attention, asking questions, and commenting on what you've read and on what other people are saying. The more positively you do this, the more it will help you in class.

Exams, Quizzes and Assignments

The instructor of the course will provide the date of all exams, quizzes, and assignments for the course during the first week of instruction. This course may require students to write remotely proctored examination(s), either online or within an approved location with a proctor present. Review the Paramedic Student's Handbook for specific information regarding proctored assessment(s).

Onsite Weeks

Course content delivery, quizzes, exams, and assignments may occur during onsite weeks. It is the student's responsibility to attend the onsite week and meet academic timelines/requirements.

STATEMENT ON ACADEMIC and NON-ACADEMIC MISCONDUCT:

Misconduct will not be tolerated. For a more precise definition of academic and non-academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

**Note: all Academic and Administrative policies are available on the same page.

Additional Information:

Northwestern Polytechnic provides various academic support services to support your journey to success. Please be aware that personal counseling, peer tutoring, learning library services, Elders and mentors, and disability services are provided at your campus. Please inquire about contact details or locations at the Information desk.

Course Topics

- Health & Wellness - Healthy Behavior, Facilitating Change
- Psychosocial Health - Mental, Emotional & Spiritual Health
- Stress Management - Identification, Prevention & Control of Stress
- Personal Fitness - Strength, Endurance, Flexibility & Preventing Injury
- Eating for Health - Nutrition, Digestion & Food Safety
- Weight Management - Eating Disorders & Maintaining a Healthy Weight
- Social Health - Healthy Relationships, Sexuality & Managing Fertility
- Understanding Addictions - Drug Use, Misuse, Abuse & Addictions
- Alcohol & Tobacco & Caffeine - Making Healthy Choices
- Chronic Disease - Cardiovascular Disease, Diabetes, Cancer
- Infectious Disease& Becoming a Wise Consumer of Health Care Options - Immunity, Chain of Infection, and Making Informed Choices
- Personal Safety and Healthy Aging - Abuse & Injury Reduction and Healthy Aging