

DEPARTMENT OF PRACTICAL NURSE AND HEALTH CARE AIDE

COURSE OUTLINE – Fall 2025

HC 1020 (HY): Human Body, Health and Chronic Illness – 3 (3-0-0)

45 Hours for 12 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:	Nicki Rosentreter	PHONE:	780 539 2716
OFFICE:	HEC 363	E-MAIL:	nrosentreter@nwpolytech.ca
OFFICE HOURS:	By Appointment		

CALENDAR DESCRIPTION:

In this course, you will study the systems that make up the human body and discuss the milestones of growth and development across a lifetime. You will read about and discuss the most common of the chronic illnesses that you may encounter, and you will learn how to provide safe care based on evidence-informed practices according to the clients' diagnoses, needs, and care plans. The information learned in this course will provide you with care strategies to support the client and the client's family through the process of a client's dying and death.

PREREQUISITE(S):

COREQUISITE(S): HC1010, HC1030, HC1040

REQUIRED MATERIALS:

Alberta Government. (2018, April). Alberta health care aide competency profile.
<https://open.alberta.ca/publications/9781460137253>

Wilk, M. (2021). Sorrentino's Canadian textbook for the support worker (5th ed.). Elsevier Inc.

Wilk, M., & Sekhon, N. (2022). Workbook to accompany Sorrentino's Canadian textbook for the support worker (5th ed.). Elsevier Inc.

RECOMMENDED TEXTBOOKS

Murray, L. (2014). Integrating a Palliative Approach: Essentials for Personal Support Workers. Saanichton, BC, Canada: Life and Death Matters.

DELIVERY MODE(S): Hybrid - online coursework with in-person exam

LEARNING OUTCOMES:

1. Describe knowledge of basic anatomy and physiology (the structure and function of the body systems) with the purpose of having the foundational knowledge to describe common chronic illnesses.
2. Demonstrate the use of appropriate terminology related to the human body and the HCA role.
3. Describe knowledge of the basic principles of growth and development across the lifespan.
4. Discuss the aging process (effects on the body systems) and implications for the psychosocial dimension of health.
5. Analyze personal feelings and experiences as they relate to the aging process, death, and healthy dying.
6. Describe characteristics of healthy aging and its relationship to client independence.
7. Demonstrate knowledge of common chronic illnesses, including dementia, affecting the aging population.
8. Describe the effects of acute and chronic health conditions to diverse clients of various cultural backgrounds.
9. Examine chronic pain in relation to chronic conditions.
10. Examine the HCA role and responsibilities in providing person-centred care to clients with chronic conditions across acute and continuing care (home care, long-term care, and supportive living) settings.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

** For courses with alpha (letter) grading, a 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:

Evaluation	Value	Date
Final Exam	Pass/Fail (70% or better)	November 28 th , 2025 (Tentative)

This course follows the Health Care Aide Provincial Curriculum Program Standards and Policies developed by the Government of Alberta.

Final Exam

Final exam to be written in person. The final exam includes all content covered since Week 1 at the start of the semester. It is a cumulative exam. Question format will be multiple choice questions only.

GRADING CRITERIA

Alpha Grade	4-Point Equivalence	Percentage Conversion (unless otherwise specified in the Course Outline)	Descriptor
P	N/A	70-100	Pass
F	N/A	0-69	Fail

COURSE SCHEDULE/TENTATIVE TIMELINE:

<u>Week</u>	<u>Topic</u>
Week 1, 2, 3 & 4	Module 1: Body Systems and Function
Week 5	Module 2: Human Growth, Development and Death

Week 6 & 7	Module 3: Healthy Aging and Independence
Week 7, 8, 9 & 10	Module 4: Chronic Condition
Week 11	<i>Reading Week</i>
Week 12	Module 4: Chronic Condition

** Tentative/Subject to change

STUDENT RESPONSIBILITIES:

For policies related to clinical absences, immunizations, uniforms, and other clinical requirements refer to the Health Care Aide handbook [Student Handbook](#)

STATEMENT ON ACADEMIC MISCONDUCT:

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

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