

DEPARTMENT OF PRACTICAL NURSE AND HEALTH CARE AIDE

COURSE OUTLINE – Winter 2026

NP 1205: Practical Nurse Theory I –3 (3-1-0) 60 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: Brandi Krzysik, LPN **PHONE:** (780)539-2753

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OFFICE HOURS: By Appointment

CALENDAR DESCRIPTION:

This course introduces the foundations of professional nursing, nursing practice, nursing roles, and ethical practice within the Canadian healthcare system. Students will explore their identities as learners and future nurses, reflecting on personal values, beliefs, and experiences that shape their approach to nursing. The course also fosters resilience, self-management, and strategies for professional growth.

Note: Available only to Practical Nursing Students.

PREREQUISITE(S): None.

COREQUISITE(S): NP1250, NP1280, NP1500

REQUIRED MATERIALS:

Potter, P. A., Perry, A. G., Ross-Kerr, J. C., Wood, M.J., Astle, B. J., & Duggleby, W. (2025). Canadian fundamentals of nursing (7th ed.).



DELIVERY MODE(S): In person- Lecture and Seminar

LEARNING OUTCOMES:

Upon completion of this course, the student will be able to:

1. Summarize key milestones in the development of nursing in Canada.
2. Explain professional nursing at an introductory level.
3. Explain the nurse's scope of practice and the nursing roles and responsibilities of nurses in Canada.
4. Describe the functions of regulatory bodies, professional associations, and nursing unions in supporting nursing practice.
5. Identify ethical considerations in nursing practice, including patient rights and confidentiality.
6. Describe the concept of caring and how it is integrated into nursing practice.
7. Describe self-care strategies that promote well-being and resilience in nursing practice.
8. Reflect on personal beliefs and values and their influence on nursing practice.
9. Identify and compare various learning strategies to support academic success.

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:

To receive credit for NP1205, all course assignments must be completed. The final grade is based on the course components/evaluation strategies and there are no additional assignments or marks provided in the course.

Assignment	Weight	Date	Related Course Learning Outcome
Personal Values Assessment	20%	Week 4 January 30th, 1159	7,8, 9
Midterm	25%	Week 6	1,2,3,4, 7,8,9
Professional Testament	25%	Week 13 April 3rd, 1159	6,8,
Final Exam	35%	As per final exam schedule	1,2,3,4,5,6,7,8,9

*All evaluation components must be completed to be successful in the course.

1. Personal Values Assessment 15%

The purpose of this assignment is to introduce self-reflection and assessment of personal values and beliefs. Students will reflect on their values that make them who they are today. Students will submit a written reflection of no more than four (4) pages, double spaced. **Full rubric added to D2L.**

2. Midterm Exam 25%

The midterm exam includes all content covered up to and including Week 7. Question format includes a variety of styles including, but not limited to multiple choice, short answer, long answer, matching, and select all that apply.

3. Professional Testament 25%

The purpose of this assignment is to compare individual values/beliefs with professional values/beliefs. Using the Personal Values Assessment as a starting point, students will compare their personal values/beliefs with the professional standards for practical nursing and the Code of Ethics. Students will submit a written reflection of no more than four (6) pages, double spaced. **Full rubric added to D2L.**

4. Final Exam 35%

The final exam is cumulative and includes all content covered in the course. Question format may include a variety of styles but not limited to multiple choice, short and long answer, matching, true or false, and select all that apply.

GRADING CRITERIA

Please note that most institutions will not accept your course for transfer credit IF your grade is **less than C-**.

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:

Week	Topic	Resources/Readings
1	Self- reflection, personal values, and beliefs	OER Posted on D2L
2	Self-care and learning strategies	OER Posted on D2L
3	Health and Wellness	Chapter 1-Potter and Perry
4	The Canadian Health Care Delivery System Assignment Personal Values Assessment Due end of Week 4	Chapter 2-Potter and Perry
5	The Development of Nursing in Canada	Chapter 3-Potter and Perry
6	Roles of the regulatory body, professional associations, and nursing unions	OER Posted on D2L
7	Reading Break	
8	Roles of the regulatory body, professional associations, and nursing unions	OER Posted on D2L
9	Midterm Exam	
10	Practical Nursing in Canada	Chapter 5-Potter and Perry
11	Theoretical Foundations of Nursing Practice	Chapter 6-Potter and Perry

12	Nursing Values and Ethics	Chapter 9-Potter and Perry
13	Nursing Values and Ethics Professional Testament Due end of Week 13	Chapter 9-Potter and Perry
14	Integration of caring into nursing practice	Case Studies
15	Final Exam – to be scheduled during final exam period	

This course schedule is subject to change with short notice and therefore, the most current course schedule will be posted on the myClass site. For further course schedule details and timelines, students are to refer to the myClass site.

STUDENT RESPONSIBILITIES:

As a student at NWP, you have rights and responsibilities. It is your responsibility to be familiar with the information contained in this Course Outline and the PN student handbook and to clarify any areas of concern with the instructor. It is also your responsibility to be familiar with NWP policies. Please take the time to familiarize yourself with the policies that might impact you while you are here:

- [NWP Department of Practical Nurse & Health Care Aide: Practical Nurse 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 at

<https://www.nwpolytech.ca/about/administration/policies/index.html>

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

LATE ASSIGNMENT POLICY:

To obtain credit in NP 1205 ALL evaluations methods must be completed. Students are expected to make every effort to complete assignments on time. Assignment submissions are expected on the date determined by faculty. If extensions are necessary, they may be requested up to 48 hours prior to the assignment due date and should be submitted in writing to the faculty member involved. Not all extensions will be granted. In exceptional situations, extension requests within the 48-hour period may be considered. Late assignments will have 5% of total marks (or one

letter grade) for the assignment deducted for each day/ partial day (including weekend days) beyond the due time.

For example, a paper marked at B+ would receive an adjusted grade of B if handed in one day late. After 5 days, a grade of 0 will be awarded to the assignment. If the late penalty places the grade below the necessary pass grade, students will be unsuccessful in the course. When submitting assignments electronically, it is the student's responsibility to ensure the assignment has been received. Papers/ assignments may not be rewritten for a higher grade. Concerns regarding grading are to be discussed with the faculty member involved.

TURNITIN DISCLOSURE:

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 NP 1205, students acknowledge and consent to the use of Turnitin for assignment submissions.

KEY COURSE DOCUMENTS:

Please see assignment details and other important documents posted on the myClass site.