

DEPARTMENT OF NURSING EDUCATION AND HEALTH STUDIES COURSE OUTLINE – Winter 2026

NS1230: Health and Wellness Across the Lifespan – 3 (3-0-0) UT 45 hours 15 Weeks (A3, B3)

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.

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CALENDAR DESCRIPTION: NS1230 Health and Wellness Across the Lifespan

★3 (fi 6) (first term, 3-0-0). This course explores the impact of life challenges on health and development, with a "strengths-based focus" and understanding of Goals of Care.

PREREQUISITE(S)/ COREQUISITE(S):

Prerequisites: NS1500 and NS1205 /Corequisites: MI1330, NS1250, NS1240 Note: Available only to nursing students

COURSE HOURS:

Lecture: 3 hours/week

Seminar: 0

Lab:0



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.). Elsevier.

Makic, M. F. (2027) *Ackely & Ladwig's Nursing Diagnosis Handbook*. 14th edition. Elsevier

American Psychological Association. (2019). *Publication manual of the American Psychological Association* (7th ed.). Washington, DC: Author

Foundations textbooks will be used as references throughout the program. Please retain your copies, as they will be required resources in future courses.

REQUIRED RESOURCES:

Canadian Nurses Association. (2017). *Code of ethics for registered nurses*. [Link](#)

College of Registered Nurses of Alberta (2010). *Ethical decision-making for registered nurses in Alberta: Guidelines and recommendations*. [Link](#)

College of Registered Nurses of Alberta. (2020). *Professional Boundaries: Guidelines for the Nurse-Client Relationship*. [Link](#).

College of Registered Nurses of Alberta. (2013). *Practice standards for regulated members with The Canadian Nurses Association code of ethics for registered nurses*. [Link](#)

College of Registered Nurses of Alberta. (2019). *Entry-Level Competencies for the Practice of Registered Nurses*. [Link](#)

DELIVERY MODE(S): Lecture (classroom). Attend on campus, in-person

LEARNING OUTCOMES:

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

1. Examine the meanings of health and wellness across the lifespan with a strengths-based focus.
2. Examine chronicity as it relates to wellness and health and to understanding goals of care.
3. Adapt techniques of health assessment across the lifespan within a diverse population.
4. Identify important topics for health promotion and risk reduction across the lifespan, including the impact of genomics on wellness and health.
5. Understand the impact of failure to reach developmental milestones across the lifespan.

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:

Course Components /Evaluation Strategies	2025 Due Dates/Times	Weight	Course Objectives no.
Knowledge Checks: Weekly Concept Quizzes (in-class)	Due weekly during class time:	40%	1-5
Group Assignment: Analyzing Families Through a Strengths-Based Lens Across the Lifespan	Part 1: Outline (10%) due January 30 at 1600h Part 2: Project 25% due February 13 at 1600h	35%	1-5
Final Assignment: Pen-Pal Project (in-class)	April 10, 2026	25%	1, 2, 4

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. When submitting assignments electronically, it is the student's responsibility to ensure the assignment has been received.

1. Knowledge Checks: Weekly Concept Quizzes

During class time, students will complete a short quiz on myClass and paper/pen format. The quiz will not be opened outside of class time for any reason. There are a total of ten knowledge checks and the grade will be calculated using the highest eight scores. Each quiz will include a variety of question types such as multiple choice, true/false, or short answer based on the weekly



readings and lecture content. Students will be allotted 10-12 minutes to complete the quiz with additional time for those with accommodations. Students are expected to bring a personal electronic device (computer/iPad) to class to complete the knowledge checks.

2. **Group Assignment: Analyzing Families Through a Strengths-Based Lens Across the Lifespan**
This two-part assignment explores how developmental milestones and delays affect health and wellness within a family across the lifespan. Emphasis will be placed on using developmental theories, recognizing risk factors, identifying family strengths, and creating strengths-based goals of care.

For this assignment, students will work in small groups to select a fictional family (non-animated) from a TV show, movie, or series. Erikson's and/or Piaget's theories will be used to analyze the developmental milestones and challenges within that family. Based on their analysis, and the assignment guidelines, students are expected to develop and submit a detailed outline/group contract as well as a visual presentation (e.g., poster or slide deck) to convey their findings clearly, effectively, and creatively.

The presentation goal is to teach classmates about their fictional family's developmental journey and strategies for family wellness. Fifteen-minute presentations will be delivered in class as scheduled by the instructor, and all group members must contribute equally. Further assignment details and the grading rubric are posted on myClass.

3. **Final Assignment: Pen-Pal Project**

This in-class written assignment is designed to help first-year nursing students to develop their therapeutic communication skills and deepen their understanding of the client experience. Students will assume the role of a "Pen Pal" to a fictional patient recently diagnosed with a specific disease or health condition.

A Case Presentation detailing the client's age, gender, cultural background, and relevant life context will be provided. The selected disease or health condition will correspond to one of the featured exemplars studied during the course.

Through this reflective exercise, students will practice empathetic communication and integrate course concepts into patient education. This 90-minute assignment will be written during the last class of the course and must be completed and submitted within the designated time limit.

This assignment is to be administered under the same conditions as an exam where student absences will be graded as zero. A physician's note will be required for absences due to illness. Any additional material or resources used to complete this assignment are at the instructor's discretion. Further assignment details and the grading rubric are posted on myClass.

GRADING CRITERIA

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

Students must receive an overall grade of a C- in the graded components to receive credit for this course.

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

The assignments are marked as raw scores according to the percentage weight assigned to each. The marks on course assignments will contribute to the overall letter grade according to the percentage that each assignment is weighted in the course. At the end of the course, all assignment scores are totaled for a term summary mark in the course based on the grading scale below. The student's final course grade is based on the cumulative total of student's weighted assignment marks.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Date:	Concepts:
January 6-10	Orientation
January 12-16	Development Part 1
January 19-23	Development Part 2
January 26-30	Sensory Perception
February 2-6	Functional Ability
February 9-13	Sexuality & Gender Diversity
February 16-20	Winter Break – No classes
February 23-27	Cognition
March 2-6	Pain
March 9-13	Anxiety
March 16-20	Safety
March 23-27	Presentations
March 30-April 3	No Classes due to Good Friday
April 6-10	Pen Pal Assignment
Final Examination Period April 16-23, 2026	

This course schedule is subject to change with short notice and therefore, the most current course schedule will be posted on the NS1230 myClass site. For further course schedule details and timelines, students are to refer to the NS1230 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 BScN student handbook and to clarify any areas of to familiarize yourself with the policies that might impact you while you are here:

NWP Students Rights & Responsibilities Policy:

<https://www.nwpolytech.ca/about/administration/policies/fetch.php?ID=69>

NWP Department of Nursing Education & Health Studies Handbook:

<https://docs.google.com/document/d/1eT5ZtjnsFn8oGk9jdu-Rh2eZoRKs-x6-s3Edy0lFQqU/edit?usp=sharing>



Audio or video recording, digital or otherwise, of lectures, labs, seminars, or any other teaching environment by students is allowed only with prior written consent of the instructor and as part of an approved accommodation plan. Student or instructor content, digital or otherwise, created and/or used within the context of the course is to be used solely for personal study, and is not to be used or distributed for any other purpose without prior written consent from the content author(s).

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.

Communication:

Students must use their NWP e-mail address and include a subject line when communicating with the course instructor and other faculty members. The content messages of both e-mail and voice mail must be delivered in a professional manner. Inappropriate messages may be considered “harassment.”

The use of social networking services such as, but not limited to, Facebook, Instagram, Snapchat, Tik Tok, Twitter, WhatsApp, internet messaging, blogs, and wikis, are subject to the professional and ethical responsibilities outlined in the Canadian Nurses Association (2017), and the Code of ethics for registered nurses.

Assignment Policy:

To obtain credit in the course ALL assignments, examinations, and quizzes weighted 10% or greater must be completed to obtain credit in the course and permitted to write the final examination, if applicable. 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 zero 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 instructor or faculty member involved.