

Department of Nursing Education and Health Studies
Course Outline
Spring 2026
NS1240 Foundations of Nursing I – 3 (3-0-0)
45 hours in 6 weeks
Section A4

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(s):	
Joan Jacobson, RN, MN, CCSNE Office: HEC 315 Phone: (780) 539-2752 Email: jjacobson@nwpolytech.ca	Office Hours (contact instructor for appointment)

CALENDAR DESCRIPTION:

NS1240 Foundations of Nursing 1

The course explores the meanings of health and healing. It highlights the diversity of beliefs, values, and perceptions of health. The course introduces the Canadian Health Care System, conceptual frameworks of health promotion, determinants of health, disease and injury prevention, and primary health care. The focus is on the nurse/client relationship in a relational practice context.

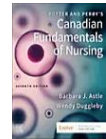
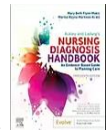
PREREQUISITE(S): NS1500 and NS1205

COREQUISITE: MI1330 and NS1250

Notes: Available only to Nursing Students

REQUIRED TEXT/RESOURCE MATERIALS:

1. Makic, M. F. (2023). Ackley & Ladwig's Nursing Diagnosis Handbook (13th ed). Elsevier
2. Potter, P. A., Perry, A. G., Stockert, P. A., Hall, A. M., Astle, B. J., & Duggleby, W. (2023). Canadian fundamentals of nursing (7th ed.). Elsevier.



OPTIONAL RESOURCE MATERIALS:

1. American Psychological Association. (2020). Publication manual of the American Psychological Association (7th ed.). Author.
2. Northwestern Polytechnic Library APA Guides: <https://libguides.nwpolytech.ca/apa/whatis>
3. Purdue Online Writing Lab. (n.d.). General format. Purdue Online Writing Lab.
https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html
4. University of Alberta Library. (2025). APA citation style quickguide.
https://guides.library.ualberta.ca/ld.php?content_id=35043857



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

REQUIRED SUPPLIES/EQUIPMENT: Laptop/tablet; paper, writing utensils, binder, printed articles as per assignment.

COURSE MATERIAL AND ANNOUNCEMENTS:

Students are expected to access and become familiar with their myClass site at the beginning of each course and to access their myClass site on a regular basis throughout the course. Failure to do so may result in students missing important course-related information, resources, instructor feedback, and announcements. General course announcements will be made on myClass.

DELIVERY MODE(S): Lecture

This type of course will be delivered on campus in a specific location which will be indicated on the student timetable. Students are expected to fully attend in person.

Theories and concepts will be presented through lectures, textbook readings, in-class activities, and through myClass. Relevant textbook readings will be assigned to test the student's knowledge, understanding, and application of the material.

LEARNING OUTCOMES:

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

1. Explore the meanings and breadth of health, healing, and illness.
2. Explore theoretical and foundational concepts that inform nursing practice when working with clients across the lifespan.
3. Distinguish diversity of beliefs, values, and perceptions of health (culture)
4. Explore the Canadian healthcare system, health promotion, illness and injury prevention and primary health care
5. Appreciate relational practice across the lifespan in varying health care contexts

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.

ACADEMIC PROGRESSION CRITERIA

A grade of C+ is the minimum passing grade for the following

courses: [NS1500](#), [NS1205](#), [NS1160](#), [NS1240](#), [NS1250](#), [MI1330](#), [NS2200](#), [NS2160](#).

A grade of C- is the minimum passing grade for all other Nursing courses in the program. For promotion from year to year in the program and for graduation, students must have successfully completed all the required Nursing and non-Nursing courses of the previous year.

STUDENT RESPONSIBILITIES:

Students should refer to the NWP Policy on Student Rights and Responsibilities at:

<https://www.nwpolytech.ca/about/leadership/policies/>

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

Professional responsibility for nursing students includes attending all lectures and seminars.

Unexplained absences and/or arriving to class late and/or unprepared demonstrates unprofessional behavior and may hinder student success in the course and the program.

ACADEMIC CALENDAR AND IMPORTANT DATES:

Students are to refer to the 2025-2026 *Northwestern Polytechnic Academic Calendar* at regarding important dates. <https://www.nwpolytech.ca/leadership/registrar/important-dates>

NURSING PROGRAM POLICIES:

Students are to refer to the 2025-2026 *Northwestern Polytechnic Academic Calendar* and the *University of Alberta Collaborative Baccalaureate Nursing Program with Northwestern Polytechnic Student Handbook* for specific nursing program policies that may pertain to the course.

BScN Program Requirements:

<https://www.nwpolytech.ca/programs/bachelor-science-nursing>

BScN Student Handbook

GRADING CRITERIA:

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

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

Grades for this course will be assigned as a percentage.

EVALUATIONS:

The final grade is based on the following assessments. There are no additional assignments or marks provided in the course.

ASSIGNMENT/EXAM	RELATED COURSE OUTCOMES	DATES	WEIGHTING
Midterm Exam	All learning outcomes	May 22 nd , 2026	30%
Patient Education Teaching Tool Critique: Group Project	2, 4, 5	May 15 th , 2026	15%
Final Exam	All learning outcomes	June 12 th , 2026	30%
In-Class Case Studies Care Plans	1, 2	May 29 th , June 2 nd and June 5 th (Concepts: Thermoregulation, Infection, Immunity, and Inflammation).	15%
Participation	All learning outcomes		10%

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. 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.

ASSIGNMENT DESCRIPTIONS

Midterm Exam:

An exam assessing concepts in the first part of the course. The midterm exam will be completed within a scheduled class time on campus. Students without a valid excuse, lack of prior warning, and who do not attend will receive a zero.

Patient Education Teaching Tool Critique

Assignment Purpose

In this group assignment, first-year nursing students will explore and critically evaluate patient teaching tools designed for individuals at different stages of the lifespan. Effective patient education is a foundational component of nursing practice, supporting health promotion, disease prevention, and patient empowerment. This assignment will help you begin developing the skills needed to assess the quality, accessibility, and appropriateness of educational resources used in clinical settings.

Working in small groups of 3-4 students, you will be given a patient teaching tool (e.g., pamphlet, brochure, video, website, discharge instructions, or educational handout) that is intended for a specific age group. Each group will analyze and critique the selected tool. Students are not to use AI for any part of this assignment. This assignment will be based on the evidence found to support the design and structure of the teaching resource. Class Attendance and participation in the group will be expected for this assignment. In cases where a group member does not demonstrate adequate participation, the instructor reserves the right to reassign the work as an individual submission or assign a grade of zero for the assignment.

Population Groups

1. Prenatal
2. Postpartum
3. Infants (0-1 year)
4. Toddlers (1-3 years)
5. Preschool Children (3-5 years)
6. School-Aged Children (6-12 years)
7. Adolescents (13-18 years)
8. Young Adults (18-29 years)
9. Older Adults (65+ years)
10. Newcomers to Canada

In-Class Analysis and Critique:

Students will complete handwritten guided worksheets in class and a group synthesis worksheet worth 15% that they will complete in class. Further instructions will be available on the NS1240 D2L page.

In-Class Case Studies:

Students will complete 4 in-class case studies that apply to the following concepts: Thermoregulation, Infection, Immunity, and Inflammation. Students will be graded on the completion of these in-class activities. Students who are absent will receive a zero on the in-class assignment for that day.

Final Exam:

The exam focuses on and assesses concepts from the remaining weeks of the course after the midterm exam.

Deferred Final Examinations See the current NWP calendar for further information on the final exam policy: <https://www.nwpolytech.ca/leadership/policies/display?ID=37>

COURSE SCHEDULE/TENTATIVE TIMELINE: Lecture: 6 hours/week; Seminar: 0; Lab:0

Week	Date	Concept
1	May 5 th	Health Systems
1	May 8 th	Health Promotion & Population Health
2	May 12 th & 15 th	Patient Education
3	May 19 th	Person-Centered Care & Review
3	May 22 nd	Midterm Exam
4	May 26 th	CJMM Nursing Diagnosis: Nursing Care Planning
4	May 29 th	Thermoregulation
5	June 2 nd	Immunity
5	June 5 th	Inflammation/Infection
6	June 9 th	Course Review
6	June 12 th	Final Exam

STUDENT RESPONSIBILITIES:

SPECIALIZED SUPPORT AND DISABILITY SERVICES:

Students who require accommodations in this course due to disability affecting mobility, vision, hearing, learning, or mental or physical health are advised to discuss their needs with NWP's Student Services and the course instructor.

If you have any exam related accommodations, you must register them in *Accommodate* by the deadline.

COMMUNICATION:

Students will use their NWP e-mail address and include a subject line when communicating with the course instructor. The content of both e-mail and voice mail must be delivered in a professional manner. Inappropriate messages may be considered “harassment.” Please refer to the BScN Student Handbook for guidelines regarding e-mail etiquette. The following link is also a great resource <https://www.ualberta.ca/youalberta/2022/11/how-to-email-your-professors.html>

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) *Code of Ethics for Registered Nurses*.

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.

As part of our commitment to academic integrity, faculty may use Turnitin, an online plagiarism detection tool, to check assignments submitted for this course. 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.