



DEPARTMENT OF PRACTICAL NURSE AND HEALTH CARE AIDE

COURSE OUTLINE – Fall 2026

HC 1021 A2: Health Across the Lifespan

3 (3.75-0-0) 45 hours in 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: Andrea Carnell	PHONE:	780-539-2054
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OFFICE HOURS: By Appointment only		

CALENDAR DESCRIPTION:

This course offers a comprehensive overview of the human body systems and examines key growth and development milestones across the lifespan. Learners will gain foundational knowledge essential for HCAs, focusing on the most common chronic and acute illnesses they will encounter. Additionally, the course provides strategies for HCAs to compassionately support clients through the death and dying process, focusing on holistic and empathetic care.

COREQUISITES:

HC1011, HC1031, HC1041

REQUIRED TEXT/RESOURCE MATERIALS:

College of LPNs and HCAs of Alberta. (2026, February). *HCA knowledge hub*.
<https://www.clpna.com/hca/knowledge-hub/>

Wilk, M. J., Sorrentino, S. A., & Remmert, L. N. (2022). *Sorrentino's Canadian textbook for the support worker* (5th ed.). Elsevier Canada.

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

DELIVERY MODE(S): Lecture

LEARNING OUTCOMES:

1. Explain basic anatomy and function of the body systems.
2. Describe the basic principles of growth and development across the lifespan.
3. Discuss the aging process, its impact on body systems, and the implications for the psychosocial dimensions of health.
4. Describe characteristics of healthy aging and its relationship to client independence.
5. Describe the effects of acute and chronic health conditions on clients.
6. Identify the care considerations for HCAs when caring for clients with acute and chronic health conditions.
7. Identify basic therapeutic interventions for supporting clients during the death and dying process.

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>.

Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.

EVALUATIONS:

Assessment	Due	Weighting
Quizzes 15% x 2 • Module 1 • Modules 2 & 3	After Module 1 After Module 3	30%
Case Study Project– Body Systems & Personal Reflection	After Module 4	20% 10%
Final Exam	End of Course	40%

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1. Quiz 1

The purpose of this assignment is to assess learners' understanding of the concepts of module 1. This Quiz will consist of 20 multiple choice questions. Learners will be given 1 hour to complete independently in class.

2. Quiz 2

The purpose of this assignment is to assess learners' understanding of the concepts of modules 2 and 3. This Quiz will consist of 20 multiple choice questions. Learners will be given 1 hour to complete independently in class.

3. Case Study Project & Personal Reflection

The purpose of this project is to apply and evaluate the learners' foundational knowledge of the body systems and common chronic illnesses. Learners will also identify appropriate ways to support the client in the assigned case scenario while collaborating effectively within a team. It is worth 30% of the overall grade

- 20% attached to the group project
- 10% attached to the personal reflection

This assignment will be completed in groups of 3 – 5 learners. The instructor will assign a scenario to each group. The group must work together to create a presentation using one technology-based visual tool (e.g. PowerPoint, Google Slides, or Keynote). Learners will need to review their readings from course 2 materials to answer questions. Each group presentation must be 10 – 15 minutes long and will be presented in class or online using online video conferencing software. Each student must contribute to and speak on at least one slide. Each presentation must be in an electronic format and include clear, concise information based on evidence-based resources. Marking rubric will be available on the course D2L page.

4. Final Exam

The final multiple-choice exam is designed to evaluate learners' understanding and mastery of the core concepts covered throughout this course. The exam assesses both foundational knowledge and the ability to apply that knowledge. The exam is cumulative, with 50 questions to be completed in 1.5 hours.

GRADING CRITERIA

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

**** 70% or a B- is required to pass this course****

COURSE SCHEDULE/TENTATIVE TIMELINE:

Week	Modules Covered in Lecture
Week 1	Start Module 1
Week 2	Module 1
Week 3	Module 1
Week 4	Start Module 2 Quiz #1(in AM)
Week 5	Module 2
Week 6	Module 2 + Start Module 3
Week 7	Module 3
Week 8	Module 3, start Module 4
Week 9	Module 4, Quiz #2 (in AM)
Week 10	Module 4
Week 11	Fall Break
Week 12	Case Study project Presentations
	Final Exam November 27th 2026

**** Tentative/Subject to change. Please see D2L page for further breakdown.**

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 HCA 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, [HCA 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 at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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

ADDITIONAL INFORMATION:

LECTURES:

Attendance at all lectures is encouraged. Absence could jeopardize overall performance.