

COURSE OBJECTIVES

The student will:

1. have a basic understanding of the body systems' structures and functions and gain an awareness of some of the common disorders that may affect the various systems.
2. understand the concepts of basic immunity and its relationship to hygiene and communicable diseases in a community setting.
3. understand the basic principles of nutrition and how they affect health and how processes for intake of nutrition may be altered for some individuals with disabilities.
4. understand routine human elimination processes and how these may be altered in persons with disabilities
5. understand the concept of basic human sexuality, how it applies to persons with disabilities, and how to reduce the risk of sexual abuse for people who are vulnerable
6. understand the role of exercise in maintaining health and how it may need to be adapted in persons with disabilities.
7. know and demonstrate proper body mechanics for lifting and transferring
8. gain an understanding of stress, how it affects the body, and how to help yourself or people with disabilities relieve their stress.
9. gain knowledge of the variety of medications and the importance of properly administering them.
10. explore their own feelings and beliefs about death / dying; have an awareness of the grieving process; and discuss support for people who are dying or lost someone close to them.
11. demonstrate beginning proficiency in the performance of selected basic skills required in giving personal care to persons with disabilities in community settings.

STUDENT EVALUATION:

1. **Labs / Assignments (61%)**
 - 5% Body Structure, Function, and Physical Health
 - 10% Illness - Medication & Treatments
 - 5% Hygiene & Prevention of Illness
 - 3% Assisted Eating
 - 5% Nutrition Assessment
 - 10% Sexually Transmitted Diseases
 - 5% Exercise / range of motion; Back care; Lifting / transferring Lab Assignment
 - 10% Dual Diagnosis
 - 5% Stress Management
 - 3% Sensory Disabilities

Detailed assignment guidelines will be distributed in class.

2. Exams (40%)

There is a mid term and end term exam. Exam #2 will cover material studied from after Exam #1.

19% Exam #1
20% Exam #2

GRADES

Grande Prairie Regional College uses the **ALPA** grading system. This system is described in the table below.

Grade	Descriptor
A+	Excellent
A	
A-	First Class Standing
B+	
B	Good
B-	
C+	Satisfactory
C	
C-	
D+	Poor
D	
F	Failure

To obtain credit for this course, students must achieve a grade of C-.

STUDENT SUPPORT

The Writing Center is available to assist students with written assignments.

RIGHTS, RESPONSIBILITIES AND PROFESSIONALISM

1. Students are advised to familiarize themselves with their rights and responsibilities as outlined in the college calendar.
1. It is highly recommended that student attend all Labs as this is most likely the only opportunity students will have to complete the scheduled lab assignments.
2. **Assignments** must be submitted on or before they are due. Late assignments will be penalized at a rate of 5% per day. For instance, an assignment given a grade of 75% would be awarded 70% one day past the deadline, 65% two days past the deadline, and so one.

Extensions on assignments, without penalizing for lateness, will be considered in extenuating circumstances and on an individual basis. Students must speak to the instructor before the assignment due date.

Assignments must be typed, doubled spaced, and have at least one inch margins. They must be printed on only one side of the page. These requirements enable the instructor to provide students with meaningful feedback. A cover page must be attached indicating: course name, number, and section; instructors name; assignment name; due date (and date assignment is submitted if it is

late); student's name; and student number. Spelling and grammar will be considered in grading.

Any student not able to write a **test** on date scheduled must speak with the instructor **BEFORE** the scheduled test indicating the reasons. Should it be agreed that the absence will be excused, an alternate date will be set. If the student fails to write on the alternate date, a grade of zero will be assigned.

3. Students are responsible to obtain any information missed in class due to absenteeism, lateness, etc. This is to be done on their own time i.e. not during class time when new content is being taught.
4. Students are encouraged to ask questions, provide feedback, and participate in class activities and discussions. Class time is the student's opportunity to utilize the expertise of the course instructor /presenters and explore how the concepts might be applied in their practicums and future work experiences.

RP1201 - HEALTH ISSUES: TENTATIVE CLASS SCHEDULE

DATE	TOPIC	READINGS	TEST/ASSIGNMENTS
Jan. 6	Course Overview/Outline What is Health?		
Jan. 8	Understanding the Person / Holistic Approach; Body Structure & Function	Chapter 5; Chapter 6	
Jan. 13	Body Structure & Function	Chapter 6	
Jan. 15	Immunity/ Skin & Hygiene	Pg. 127, Ch10, Ch 14 Ch. 25 – wound care; Ch. 26 Heat & Cold Compresses	Body Structure, Function, and Physical Health assignment due
Jan. 20	Hygiene - Hand washing & Sponge Bath & Tooth brushing (H225)	Pg 209-215; 366-363; 330-338; 318-319	Hygiene & Prevention of Illness lab completed
Jan. 22	<i>Class postponed to accommodate Sexuality Workshop</i>		
Jan. 27	Assisting Eating Lab (H225)		Assisting Eating lab completed
Jan. 29	Nervous System & Endocrine system Stress; Rest; Relaxation	Pg. 114-116; 126-127; Pg. 701-705 & 713-714 (disorders); ch 21	
Feb. 3	Stress Management Lab		
Feb. 5	Digestive System / nutrition <i>Presenter – Danielle Wohlgemuth</i>	pg. 121 – 122; ch 18 pg 715 (disorders)	
Feb. 10	Presentation by Support Worker(s) & TA(s)		
Feb. 12	Sexuality – workshop February 12 9:00 – 4:00 February 13 9:00 – 12:00	pg. 124-126; ch 34; pg. 118-119 (disorders)	Nutrition Assignment Due
Feb. 17	WINTER	BREAK	
Feb. 19	WINTER	BREAK	
Feb. 24			Test #1 STD Assignment due
Feb. 26	Musculoskeletal System <i>Presenter – PT & OT</i>	Pg. 110-113; ch 20; ch 28 (rehab care); 691-700 (disorders)	
March 2	Exercise / range of motion; Back care; Lifting / transferring	Ch 20; ch 28; Ch 11	Exercise, ROM, Back Care, Lifting & Transferring lab completed
March 4	Respiratory & Circulatory System	pg. 118-121; ch 19 & 27; pg. 706-711 (disorders)	
March 9	Vital Signs		
March 11	Urinary System – Elimination <i>Presenter - Ostomies</i>	pg. 374-398 of ch 16; pg. 412-416; 419-421; 426-434	
March 16	Urinary System - elimination		
March 18	Mental Health, dual Diagnosis	Ch 31, 32, 33	Stress Management Assignment due
March 23	Medications & Drug Abuse		
March 25	<i>Class Canceled in lieu of Sexuality workshop</i>		Illness, Medications & Treatments Assignment due
March 30	<i>Class Canceled in lieu of Sexuality workshop</i>		
April 1	The Sense Organs	Pg. 116-117; ch 29	
April 6	Sensory disabilities - lab		Sensory Disabilities lab completed
April 8	Death & Dying		
April 13	Review		
April 15			Test #2

NOTE: This schedule is subject to change, depending on availability of guest speakers and other unforeseen circumstances. It is meant to act as a guide for students to use when preparing ahead for class, not as a final schedule.