



**Douglas  
College**

## CURRICULUM GUIDELINES

**A: Division: Instructional**

Date:

**April 26, 2000**

**B: Department/ Home Support / Resident Care  
Program Area: Attendant**

New Course

☐

Revision

**X**

If Revision, Section(s) Revised: **Q. Means of Assessment**

Date Last Revised:

**December 2, 1997**

**C: HSRC 100**

**D:**

**Health: Lifestyle & Choices**

**E:**

**1.5**

Subject & Course No.

Descriptive Title

Semester Credits

**F: Calendar Description:**

This course provides an introduction to the concept of health and the components of a health-enhancing lifestyle. Participants will be invited to reflect on their own experience of health, recognizing challenges and resources that may impact on their lifestyle choices and, consequently, their health.

**G: Allocation of Contact Hours to Types of  
Instruction/Learning Settings**

Primary Methods of Instructional Delivery and/or  
Learning Settings:

**Lecture**

Number of Contact Hours: (per week / semester  
for each descriptor)

**32 hrs. per semester**

Number of Weeks per Semester:

**Approximately 8 weeks**

**H: Course Prerequisites:**

**None**

**I. Course Corequisites: (recommended)**

**HSRC 101 + HSRC 102 + HSRC 110 +  
HSRC 111 + HSRC 112**

**J. Course for which this Course is a Prerequisite:**

**HSRC 113**

**K. Maximum Class Size:**

**35**

**L: PLEASE INDICATE:**

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Non-Credit

☒

College Credit Non-Transfer

☐

College Credit Transfer:

Requested

☐

Granted

☐

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS ([www.bccat.bc.ca](http://www.bccat.bc.ca))

**M: Course Objectives/Learning Outcomes**

This course is based on the competencies as outlined in the Provincial Curriculum Guide for Home Support and Resident Care Attendant Programs, 1992.

In this course, students will have opportunities to:

1. Describe the interrelationship between the mind, body and spirit in the ongoing process of health.
2. Describe the relationship between lifestyle choices and health.
3. Identify the physical, psychological, social, spiritual and environmental components of a health-enhancing lifestyle.
4. Describe the personal lifestyle factors that influence the acceptance of health promotion challenges.

**N: Course Content****1. Health**

- holistic concept of health and wellness

**2. Relationship between lifestyle choices and health**

- exercise
- diet
- stress
- harmful substances
- social and cultural influences
- values and beliefs
- environmental influences

**3. Health promotion**

- self-reflection
- self-evaluation
- change process

**O: Methods of Instruction**

1. Classroom lecture/discussion
2. Guest speakers
3. Field trips
4. Audio-visual materials

**P: Textbooks and Materials to be Purchased by Students**

1. A list of materials is provided for students at the beginning of the semester.

**Q: Means of Assessment**

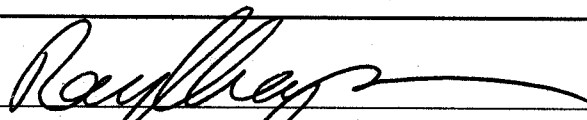
Course evaluation is consistent with Douglas College course evaluation policy. An evaluation schedule is presented at the beginning of the course.


This is a graded course. A minimum mark of 70% is necessary to be successful in the course.

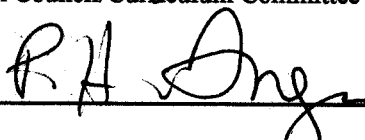
**R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR**

Yes

  
\_\_\_\_\_  
Course Designer(s)

  
\_\_\_\_\_  
Education Council/Curriculum Committee Representative

  
\_\_\_\_\_  
Dean/Director

  
\_\_\_\_\_  
Registrar

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