



IV: Course Objectives/Learning Outcomes (Ends-in-view)

Students have opportunities to:

develop a heightened awareness of their own personal concepts of health, healthy living and prevention

become aware of differences in individuals' context/culture i.e. beliefs, values and perceptions about health

held by self and others

examine how those differences influence the way people behave throughout the lifespan in relation to health

explore the complexities of the change process in relation to transitions/time in the life cycle and in health

living practices for individual and family

N: Course Content Overview

Overview of health, health care, health promotion and prevention and disease and disability

Outline of concepts and essential content is presented below. Concepts are addressed in a

conceptual (ways of knowing, personal meaning, time/transitions, culture/context) integrating the metaconcepts health

and disease and disability. Content based on the foundational concepts varies depending on the interests, choices and

experiences of participants

Course Content Overview continued

Prevention

- examples
- Assessment
- health profile, personal health and health risk
- individual and family assessment process
- assessment in the decision-making process

Learning Process

Activities in this course are designed to engage students actively in achieving an understanding of the concepts and skills of this course. Students engage in critical thinking about their own health, health maintenance, and healing. Students are encouraged to participate in active learning activities and to share their experiences with others. Students are encouraged to consider people's experiences of health from a praxis point of view.

O: Methods of Instruction

Learning activities

concepts theories

caregiving and health promotion, health maintenance

praxis about health with others including

activities. These activities provide opportunity

view.

Students [and other Learning Resources]

P: Textbooks and Materials to be Purchased by Student

1. Planned Praxis Experience

- Personal experience with own

Health assessment and health risk assessment

Resource family

2. A list of recommended textbooks and materials is provided for students at the beginning of each semester.

3. Other Resources

Selected readings, health assessment, health promotion, growth and development

• Health assessment tools

Selected audio/visual resources

selected audio/visual and computer resources

O: Means of Assessment