



M: Course Objectives / Learning Outcomes

In this course 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's 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 healthful living practices for individual and family
- learn health assessment skills

N: Course Content: [Overview]

People's experiences of health, health maintenance, health promotion and prevention are the focus of discussion. An outline of concepts and essential content is presented below. Concepts are addressed in relation to four foundational concepts (ways of knowing, personal meaning, time/transitions, culture/context) integrating the metaconcepts, health promotion and caring. Content related to the foundational concepts varies depending on the interests, choices and experiences of participants.

Person (phenomenological perspective)

- the lived experience of the person
- differing realities
- self esteem, self concept, body image, as they relate to personal health, personal resources, sexuality, spirituality

Perception

- personal meaning
- personal construct theory
- beliefs and values

Culture/context

- family
- community
- situatedness

Family theory

- introduction

Time/transitions

- developmental and situational change
- normal growth and development through the life span
- change theory, change process
- lifestyle change

Health

- theories & models (introduction)
- wellness
- holism
- health maintenance
- determinants

Health Promotion

- theories
- choice
- responsibility
- personal empowerment

Prevention

- levels (introduction)
- examples

Assessment

- health profile, personal health and health risk
- individual and family assessment process
- assessment in personal decision-making about health

O: Methods of Instruction

Learning activities in this course are designed to engage students actively in achieving an understanding of the concepts, theories and skills of this course. Students engage in critical thinking about their own health, and about caring and health promotion, health maintenance, and prevention. Students are encouraged to participate in active dialogue about health with others including the resource family, and to share experiences arising out of the learning activities. These activities provide opportunities to consider people's experiences of health from a praxis point - of - view.