

**Justice Institute of British Columbia**  
**COURSE OUTLINE**

<b>Course Code:</b>	<b>PARA313</b>
<b>Course Title:</b>	<b>Health and Wellness</b>
<b>Prerequisite Courses:</b>	<b>ENG100 (or equivalent)</b>
<b>School:</b>	<b>School of Health, Community and Social Justice</b>
<b>Division/Academy/Centre:</b>	<b>Health Sciences Division – Paramedic Academy</b>
<b>Previous Course Code &amp; Title:</b>	<b>PARA311 Health and Wellness</b>
<b>Course First Offered:</b>	<b>September 2014</b>

<b># of Credits:</b>	<b>3</b>
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**Course Description:**

This course focuses on personal health, wellness and nutrition; leadership; and current challenges and policies in healthcare. Learners will apply concepts related to health, wellness and nutrition to make effective personal choices to promote a healthy lifestyle. This course will provide a foundation for learners to apply these concepts throughout the Advanced Care Paramedic (ACP) Advanced Diploma program to paramedic calls and case studies. Learners will work through a number of assignments in groups, thereby enabling them to practice both working effectively in teams and to practice taking on a leadership role. Current challenges and policies in healthcare including topics of addiction, homelessness, youth crises, and mental health are introduced through case studies, research and discussion. Learners will focus on emergency health issues faced in particular in small rural communities. As leadership skills are developed, learners will begin to consider their role and potential influence in the broader health care system.

**Course Goal(s):**

The goal of this course is to encourage and to provide learners with the tools to make effective health and wellness choices which promote a healthy lifestyle. Learners will begin to build the skills necessary to function effectively in team environments and to assume a leadership role as an ACP. In this course learners will explore the current challenges and policies in healthcare and apply this to their experience as a paramedic.

**Learning Outcomes:**

Upon successful completion of this course, the learner will be able to:

1. Apply principles of health and wellness to your personal and professional life.
2. Understand the relationship between lifestyle factors, disease and their impact on communities.
3. Apply strategies to strengthen teamwork and leadership skills.
4. Discuss contemporary issues within community-based emergency health.

**Course Topics/Content:**

- Healthy mind and body.
  - Wellness
  - Physical well-being
  - Mind-Body Connection
- Lifestyle and nutrition.
  - Lifestyle
  - Relationship between lifestyle and disease
  - Impacts on society
- Teamwork and leadership.
- Contemporary issues in community based emergency health.

**Text and Resource Materials:**

**Required:**

Caroline, N.L. (2008). *Nancy Caroline's Emergency Care in the Streets*. (6th ed.). Sudbury, MA: Jones and Bartlett.

Thompson, V.D. (2010) *Health and Health Care Delivery in Canada*. Toronto, ON: Elsevier.

All other readings for this course are available on Blackboard LMS/JIBC ARES Course Reserves.

**Recommended:** None.

**Course Level:**

	First Year		Second Year	X	Third Year		Fourth Year
	Graduate		Other (describe):				

**Equivalent Course(s) within the JIBC:** None.

**Class Delivery Methods:**

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	4			
Simulation/Lab	7			
Praxis Exercise				
Practicum/Fieldwork				
Online	36			
Correspondence				
<b>Total Class Hours</b>	47			

**Comments on Delivery Methods:**

This course is delivered in a blended format including online, classroom and a practical lab session. The hours listed in the class delivery methods above do not include time learners will spend carrying out independent study and activities, readings and assignments.

**Course Grading System:**

	Letter Grades	X	Percentage		Pass/Fail
	Complete/Incomplete		Attendance Only		

<b>Passing Grade:</b>	50%
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**Evaluation Activities and Weighting:**

Final Exam	%	Assignments	65%	Project	25%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	10%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation Activities and Weighting:**

Evaluation methods for this course include written and oral assignments and research projects. Participation in classroom and online discussions is required.

Students who receive a grade below 50% in the course will be required to re-take the course. See the Academic Progression Program Procedures (links noted below) for more information.

Students are required to submit assignments/course requirements according to due dates. Late assignments have mark penalties (see program guidelines). In extenuating circumstances, an extension to the assignment due date may be granted upon application to the Program Manager.

**Other Course Guidelines, Procedures and Comments:**

Students must maintain a 90% overall attendance, and must be present for all examinations as well as specified learning activities, such as field trips or specialty days.

ACP Advanced Diploma program guidelines can be found in the *JIBC Calendar* and on the ACP Advanced Diploma program website. Use the link and scroll to the page bottom for "Policy and Procedures."

**ACP Advanced Diploma Program Guidelines**

<http://www.jibc.ca/programs-courses/schools-departments/school-health-sciences/paramedic-academy/programs/advanced-care-paramedic>

- Academic Progression Program Procedures.
- Evaluation of Learning Program Procedures.
- Grading Program Procedures.

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

**Academic Regulations:**

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

Student Academic Integrity Policy  
Academic Progression Policy  
Admissions Policy  
Academic Appeals Policy

**Student Policies:**

<http://www.jibc.ca/about-jibc/governance/policies>

Access Policy  
Harassment Policy – Students  
Student Records Policy  
Student Code of Conduct Policy

Evaluation Policy  
Grading Policy

### **JIBC Core Competencies**

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

#### **Critical thinking**

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

#### **Communication, oral and written**

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

#### **Leadership**

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

#### **Independent learning**

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

#### **Globally-Minded**

Self-aware of own identity and culture, recognize the interconnectedness of world events and issues; interact respectfully and authentically across cultures; value multiple perspectives; utilize curiosity to learn with and from others.

#### **Problem solving**

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

#### **Interpersonal relations**

Know and manage ourselves; recognize and acknowledge the needs and emotions of others including those with diverse cultures, backgrounds and capabilities.

#### **Inter-professional teamwork**

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

#### **Information literacy**

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.