

## EDUCATION ASSISTANT AND COMMUNITY SUPPORT PROGRAM

### EACS 150 HEALTH AND WELLNESS

#### SAMPLE COURSE OUTLINE

**Section:**

**Semester:**

**Instructor:**

**Office Hours:** By appointment

**Office Location:** TBA with confirmed appointment

**Office Phone:** Provide best phone number. Provide any instructor preferred communication methods. i.e. texting instructions, secondary phone number, etc. .

**E-mail:**

**Class Times:**

**Class Location:**

#### COURSE DESCRIPTION

##### EACS 150 Health and Wellness

An introduction to the basic concepts of health and wellness for supporting people with disabilities across the lifespan as well as strategies for support workers' health and wellness. Topics include nutrition, hygiene, medication dispensing, seizures, allergies, diabetes, exposure to physical care supports, and developing strategies for maintaining own wellness. (1.5:0:1.5)

*Prerequisite: None.*

## COURSE LEARNING OBJECTIVES

On successful completion of this course, students will be able to:

1. Develop an introductory understanding of human development for adults and older persons.
2. Understand the importance of nutrition for people with disabilities and support workers.
3. Support the hygiene needs of people with disabilities.
4. Dispense medication correctly and safely according to the 7 R's.
5. Act competently in response to seizures, allergic reactions, and diabetic issues.
6. Have an awareness of the various physical supports that may be implemented to support people with disabilities.
7. Identify self-care strategies.
8. Explain concepts related to wellness of self and others at an introductory level.
9. Develop personal management strategies to enhance personal and professional effectiveness.
10. Assess own personal wellness, strengths, and limitations.
11. Demonstrate an understanding of the importance of personal wellness in professional effectiveness.
12. Identify and use resources to support own career goals and plans.
13. Assess own strengths and identify areas for continued development.

## REQUIRED TEXTS

Hales, D. & Lauzon, L. (2015). *An invitation to health 4<sup>th</sup> Canadian edition*. Toronto, ON: Nelson Education Ltd.

## ADDITIONAL READING/REFERENCE MATERIAL

Course supplemented by VIULearn <https://d2l.viu.ca> Learning Management System.

## METHOD OF STUDENT EVALUATION

- **Assignment 1: Peer Review Journal Search & Summary 10%**
- **Assignment 2: Wellness Presentation & Summary 20%**
- **Assignment 3: Diabetes & Convulsion Disorder Quiz 5%**
- **Assignment 4: Helping Someone Eat Video and Summary 10%**
- **Assignment 5: Medication Presentation & Key Learning Points 20%**
- **Online Participation: 35%**

	Description	Due Date	% of Final Grade
1.	Diabetes, Epilepsy, or Allergies: Peer Review Journal Search & Summary		10 %

2.	Wellness Presentation and Summary		20 %
3.	Diabetes & Convulsion Disorder Quiz		5%
4.	Helping Someone Eat – Video and Summary		20%
5.	Medication Presentation & Key Learning Points		20%
6.	Class Contribution and Participation including Labs (in-class and/or online)		25%
		<b>Total</b>	<b>100 %</b>

Students are expected to review the following policy with respect to grade appeals:

<http://www.viu.ca/calendar/GeneralInformation/generalregulations.asp>

---

## GENERAL REGULATIONS AND STUDENT CONDUCT

Students are expected to review and adhere to the General Regulations and Student Conduct Code (Policy 32.05): <http://www.viu.ca/calendar/GeneralInformation/generalregulations.asp>  
 Students are expected to review and adhere to the *Faculty of Health and Human Services* Policies and Procedures listed here: <https://www2.viu.ca/hhs/HHSPoliciesandProcedures.asp>

## ACADEMIC INTEGRITY

Academic integrity is to be maintained at all times. There are five values that underpin academic integrity (these are also consistent with professional standards): honesty, trust, fairness, respect, and responsibility. Please read through the Student Academic Code of Conduct policy ([www.viu.ca/policies](http://www.viu.ca/policies)) to ensure that you are familiar with our university's expectations. Any violations of the academic code of conduct will be taken seriously and acted upon according to this policy.

## CLASS FORMAT AND ASSIGNMENTS

An interactive approach is used. Students are expected to come to class prepared. This includes completing required reading prior to class so that you are ready for class participation and completion of assignments.

## EXPECTATIONS FOR WRITTEN WORK

Students are expected to submit work that is generated by a word processor. Please use Microsoft Word for all electronic submissions. Microsoft office is available to students for free. Follow the instructions at this link. <https://www.microsoft.com/en-ca/web/i-want-office/> A VIU email address is required to access free Microsoft office. VIU does not provide student emails but can provide you with a virtual email address for this purpose. Learn more here. <https://www2.viu.ca/technology/students/email.asp>

Students are expected to use APA format and style and to demonstrate grammar and spelling at a first year university level.

## HANDLING OF STUDENT WORK

1. Students are responsible for retaining a copy of all submitted work and for submitting all assignments by their due date.
2. All assignments are to be submitted to the Assignment dropbox located in the VIULearn (D2L) course shell unless other arrangements are made by the instructor. *See late submission consequences.*
3. Every effort will be made to return assignments to students within two weeks.
4. Students can make an appointment with their instructor to review and discuss their assignments or course grade.
5. Final grades will be submitted to the student and located in their online student record prior to the VIU deadline.

## LATE SUBMISSION OF ASSIGNMENTS AND MISSED TESTS:

All assignments are to be submitted by the due date and all tests are to be written on the date specified. In online environments some quizzes will have a date range. Quizzes must be completed by the end date/time. If extenuating circumstances arise such as illness or emergency and assignment submission by the due date will not be possible, or completion of tests not possible on the scheduled date, please discuss this with the instructor **prior to** the date the assignment is due or test scheduled. A new submission date and/or a make-up test may be scheduled at the discretion of the instructor.

### Penalties for Late Submission of Assignments

1. Up to and including three calendar days past deadline, deduct 1/2 letter grade (e.g., B to B-).
2. Four to seven calendar days past deadline, deduct one full letter grade (e.g. B to C+).

Any assignment more than seven calendar days late may not be accepted. If accepted, the late penalty will be determined by the instructor.

## STUDENT SUPPORTS

1. Vancouver Island University Calendar: <http://www.viu.ca/calendar/>
2. VIU Learning Matters: <https://learningmatters.viu.ca/>
3. The VIU Writing Center provides support to students so that you can write effectively. Help is available face to face AND online. Here is the link to book a 25 minute appointment with an experienced writing tutor. <http://sites.viu.ca/writingcentre/>. The Powell River Campus Writing Center also provides face to face support on a drop in or appointment basis. <http://www.pr.viu.ca/writingcentre/index.asp>
4. Student Affairs Department: <https://www2.viu.ca/studentervices/>
5. Vancouver Island University student information: <https://www.viu.ca/students>
6. Online APA style referencing sites provided through the VIU Library: <http://libguides.viu.ca/c.php?g=188863&p=1247242>

7. [VIULearn/D2L learning management system: https://d2l.viu.ca/](https://d2l.viu.ca/) Log in using same user name and password that you use to access your VIU student record.

## **ATTENDANCE/PARTICIPATION**

Attendance and participation in classes and seminars is mandatory. Students are required to contact the instructor in advance if they are unable to attend classes. If a student misses more than three classes, the instructor may assign a UW grade. OR for blended classes, if a student misses the mandatory face to face classes and/or participates in less than 70% of the online content the instructor may assign a UW grade.

**GRADES****Grades will be assigned according to the Vancouver Island University GRADE SCALE.***Note: Effective September 1, 2010 VIU converted to a 4.33 grade scale.*

**Grade Scale Table  
Effective September 1, 2010**

<b>Grade</b>	<b>Percentage (%)</b>	<b>Grade Value</b>	<b>Point Description</b>
A+	90-100	4.33	<b>Excellent (First Class Standing)</b>
A	85-89	4.00	
A-	80-84	3.67	
B+	76-79	3.33	<b>Good</b>
B	72-75	3.00	
B-	68-71	2.67	
C+	64-67	2.33	<b>Satisfactory</b>
C	60-63	2.00	
C-	55-59	1.67	
D	50-54	1.00	<b>Poor</b>
F	0-49	0.00	<b>Failing work</b> Unsatisfactory performance or failure to meet course requirements.
UW	N/A	0.00	<b>Unofficial Withdrawal</b> Course not completed due to unofficial withdrawal. Calculated as a "0" in the GPA.
CR	N/A	0.00	<b>Course passed</b> Requirements completed, but not calculated in GPA.
INC	N/A	0.00	<b>Incomplete</b> If course requirements are not completed after 90 days from the course end date, the "INC" grade will automatically become an "F" grade.
CS	N/A	0.00	<b>Continuing Status</b> In good standing. Course is delivered over 2 terms, separated by a break. Final mark to be issued at end of 2nd term.
AUD	N/A	0.00	<b>Audit</b>
INP	N/A	0.00	<b>In Progress</b> In good standing. Student must re-enrol within one year.
NGS	N/A	0.00	<b>No Grade Submitted</b> yet; neither Pass nor Fail.

