

HEALTH SERVICES (HES) COURSE SUMMARIES

Introductory

HES1010: HEALTH & WELLNESS FUNDAMENTALS

Students identify the determinants of good health and examine how these determinants affect personal wellness. Students gain an appreciation for the importance of an active living lifestyle and develop an understanding of the basic structure and function of the human body using medical terminology. Students demonstrate safety strategies to prevent infection from blood borne pathogens in health care and recreation settings and examine other basic safety and reporting protocols for these settings.

Prerequisite: None

HES1020: NUTRITION & WELLNESS

Students learn the importance of nutrition and hydration for the promotion and maintenance of physical, emotional and social health and wellness throughout life. Students evaluate food and supplement choices, the effects of activity on nutritional requirements, and labels to improve daily nutritional intake at all ages.

Prerequisite: None

HES1030: NATURE & WELLNESS

Students explore the benefits of relationships between plants, animals, and the environment as applied to the health and wellness of people. Students evaluate how nature affects wellness in individuals and communities. Students plan and modify public and personal spaces to enhance personal wellness using elements of nature. Students reflect on the personal implications for wellness in relation to their environment.

Prerequisite: None

HES1040: MUSCULOSKELETAL SYSTEM 1

Students acquire the knowledge and skills necessary for the promotion and maintenance of a healthy musculoskeletal system. Students study the pathology of musculoskeletal system conditions and gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES1050: DIGESTIVE SYSTEM

Students acquire the knowledge and skills necessary for achieving and maintaining digestive health. Students gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES1060: RESPIRATORY SYSTEM

Students acquire the knowledge and skills necessary for achieving and maintaining respiratory health. Students study pathologies of the respiratory system and gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES1070: CARDIOVASCULAR SYSTEM

Students acquire the knowledge and skills necessary for the promotion and maintenance of a healthy cardiovascular system. Students study the pathology of cardiovascular conditions and gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES1080: INFECTION & IMMUNITY 1

Students learn the principles of infection and infectious disease as well as knowledge and skills related to the Integumentary System. Students learn knowledge and skills necessary for achieving and maintaining a healthy Integumentary System and for preventing the spread of communicable disease. Students gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES1090: INFECTION & IMMUNITY 2

Students acquire knowledge and skills related basic principles of immunity and the processes involved in the initial defense mechanisms to prevent infection. Students complete a study of the components of blood and the role of blood in the body's defense. Students study the blood as an indicator of health and wellness and pathologies related to blood. Students gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1080: Infection & Immunity 1

HES1100: COMMUNICATION SKILLS FOR HELPING RELATIONSHIPS

Students develop basic communication skills to improve personal effectiveness when interacting with people while providing health, recreation and/or volunteer services in the community. Students examine basic ethical and legal considerations for working in these contexts. Students also develop an understanding of learning styles for educating people when providing health care, volunteer, and/or recreation services.

Prerequisite: None

HES1110: DEVELOPING MATURITY & INDEPENDENCE

Students examine adolescent development in the context of lifespan development. Students gain an appreciation for developing strategies to achieve and maintain health and wellness through physical, emotional, social, intellectual and moral development. Students explore how adolescents can develop positive relationships and roles in the community and outline family and community resources available to support the healthy growth and development of teens as they develop maturity and independence on their journey to becoming an adult.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES1120: PERSPECTIVES ON INTERPERSONAL RELATIONSHIPS

Students examine relationships in their lives and identify their roles in relationships. Students develop personal effectiveness and basic conflict resolution skills needed to enhance personal and working relationships. Students examine basic ethical, legal and cultural considerations when managing conflict in a variety of settings and relationships.

Prerequisite: None

HES1130: INJURY MANAGEMENT 1

Students learn prevention, assessment, and management techniques related to injuries that may occur during recreation and sporting events and activities. Students develop an appreciation for the role of a first-aider as it pertains to the individual, family, peers, community, and sports medicine team.

Prerequisite: None

HES1910: HES PROJECT A

Students develop project design and management skills to extend and enhance competencies and skills in other Career and Technology Studies (CTS) courses through contexts that are personally relevant.

Prerequisite: None

Intermediate**HES2010: FIRST AID/CPR with AED**

Students study and demonstrate first-aid skills and procedures, including Cardio-Pulmonary Resuscitation (CPR) and Automatic External Defibrillator (AED), for dealing with emergency situations. Students identify a child-safe environment and recognize and demonstrate skills and procedures for dealing with common child and infant emergency situations. Students prepare for experience in health care, recreation and community settings by developing a basic health and safety plan for their experience.

Prerequisite: None

HES2020: NERVOUS SYSTEM & SENSES

Students acquire the knowledge and skills necessary for the promotion and maintenance of a healthy nervous and sensory system. Students study pathologies of nervous system and sensory system conditions and gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES2030: ENDOCRINE SYSTEM

Students acquire the knowledge and skills necessary for achieving and maintaining a healthy Endocrine System and balanced hormonal health. Students gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES2040: URINARY SYSTEM

Students acquire the knowledge and skills necessary for achieving and maintaining urinary health and balanced body fluids. Students gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES2050: PAIN & PAIN MANAGEMENT

Students examine the physiology of pain and the effects of unrelieved pain on the body systems and health and wellness of individuals. Students gain basic knowledge and skills related to the assessment and management of pain and the role of these strategies in promoting health and wellness in personal and health care contexts. Students gain an appreciation for the complexity of pain and the effects of pain on the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES2060: INFECTION & IMMUNITY 3

Students acquire knowledge and skills related to the Lymphatic System and the development of acquired immunity that are necessary for achieving and maintaining a healthy immune system. Students gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HES1090: Infection and Immunity 2

HES2070: INTEGRATIVE HEALTH

Students examine the foundations, applications, costs, issues and future of integrative health. Students analyze complementary and alternative therapies and their role in health care, palliative care, preventative health care, and personal health and wellness.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES2080: HEALTH CARE 1

Students identify and demonstrate the skills necessary to provide personal care services for individuals.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES2090: NURTURING CHILDREN

Students examine the developmental characteristics of toddlers, preschoolers and school-aged children in various stages of physical, emotional, social and intellectual development. Students describe and demonstrate care giving skills applicable to each developmental stage. Students gain an appreciation for the importance of nurturing skills to promote health and wellness in childhood.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES2100: NUTRITION FOR RECREATION ACTIVITIES & SPORT

Students explain the role of food and hydration to help individuals achieve optimal physical performance for recreational physical activities and sport. Students acquire knowledge and skills to plan effectively for nutrition and hydration related to a variety of recreational activities and athletic events. Students examine food labeling and the role of recreation leaders and coaches related to promoting nutrition for performance.

Prerequisite: None

HES2110: RECREATION LEADERSHIP

Students learn basic skills and developmental principles for teaching recreation activities to children and youth. Knowledge and skills are then applied to the teaching of foundational movement concepts. Students develop an appreciation for the roles and responsibilities of recreation leaders and coaches in community recreation programs.

Prerequisite: HES1130: Injury Management 1
HES2010: First Aid/CPR with AED

HES2120: EVER ACTIVE AGING LEADERSHIP

Students learn principles of Ever-Active Leadership and strategies for developing active living programs within seniors' facilities. Students will focus on four areas of knowledge and skill development to prepare them to work with seniors in facilities: special conditions of aging that are common to facility residents, safety considerations for activities, programming considerations and ways to access and connect with community resources and organizations to support programming.

Prerequisite: HES1040: Musculoskeletal System 1

HES1070: Cardiovascular System

HES2010: First Aid/CPR with AED

HES2140: INJURY MANAGEMENT 2

Students learn prevention, assessment, and management techniques *specifically related to bone, joint and soft-tissue injuries* that may occur during recreation and sporting events and activities. Numerous opportunities to practice the art of taping and wrapping using a variety of techniques is provided. Students develop an appreciation for the role of a first-aider as it pertains to the individual, family, peers, community and sports medicine team.

Prerequisite: HES1130: Injury Management 1

HES1040: Musculoskeletal System 1

HES2150: COACHING 1

Students learn basic coaching skills common to all sports in the areas of planning and delivering a practice, teaching and learning, and mental skills training related to coaching. Students develop an appreciation for the role of a coach in community recreation programs.

Prerequisite: HES2110: Recreation Leadership

HES2160: COMMUNITY VOLUNTEERISM

Students, through exploration and participation, examine and demonstrate the roles of effective community volunteers.

Prerequisite: None

HES2170: CHRONIC CONDITIONS

Students examine the physiological development of noncancerous chronic illness and chronic conditions and acquire an understanding of specific strategies to prevent chronic illness. Students develop an awareness for the complexity of noncancerous chronic conditions and their prevalence in society through a comparative study of several noncancerous chronic conditions. Students are introduced to the self-management model and gain an appreciation for resources available to help individuals manage noncancerous chronic conditions and assist their family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES2910: HES PROJECT B

Students develop project design and management skills to extend and enhance competencies and skills in other Career and Technology Studies (CTS) courses through contexts that are personally relevant.

Prerequisite: None

HES2920: HES PROJECT C

Students develop project design and management skills to extend and enhance competencies and skills in other Career and Technology Studies (CTS) courses through contexts that are personally relevant.

Prerequisite: None

Advanced**HES3010: CANCER**

Students examine the physiological development of cancer and acquire an understanding of specific strategies to prevent cancer. Students develop an awareness for the complexity of cancer and the prevalence of cancer in society through a comparative study of several cancerous conditions. Students learn the stages of grief experienced by individuals facing cancer and dying. Students gain an appreciation for resources available to help individuals manage cancer and assist their family, peers and community to manage the impact of cancer on their lives.

Prerequisite: HES2170: Chronic Conditions

HES3020: REPRODUCTION AND READINESS FOR PARENTING

Students acquire the knowledge and skills necessary for achieving and maintaining reproductive health. Students study basic genetic principles related to reproduction as well as pathologies related to the reproductive system. Students examine the benefits and challenges associated with parenthood and factors to assess readiness for parenting. Students gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family and peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES3030: FAMILY FOUNDATIONS

Students gain an appreciation for their role in strengthening the current and future family relationships and the rights, roles and responsibilities of family members throughout the family life cycle. Students examine changes that occur within a family and the required adjustments family members must make to manage changes effectively. Cultural diversities are investigated and community resources that support families are identified.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES3040: FORMING A FAMILY

Students examine strategies to prepare for independence and knowledge and skills for developing an intimate relationship to form a strong foundation for starting a family. Students explore theories of attraction, qualities of a strong marriage, and factors and topics related to marriage breakdown within different cultural contexts. Students gain an appreciation for the knowledge and skills necessary for effective parenting and examine styles of parenting and strategies to positively manage the behavior of children. Students develop an awareness of community and family resources available to support the formation and maintenance of family relationships and parenting skills.

Prerequisite: HES1010: Health & Wellness Fundamentals
HES3030: Family Foundations

HES3050: PREGNANCY, BIRTH & INFANT CARE

Students acquire the knowledge and skills necessary for achieving and maintaining a healthy pregnancy and parenting a healthy child in the first year of life. Students focus on the impact of pregnancy on the physical, mental and social well-being of the mother and newborn. Students examine the events of labor and delivery and the importance of post-natal care. Students gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: None

HES3060: AGING & FRAILTY

Students examine principles of care related to aging and frailty. Students gain an appreciation for the contributions elders can make to the health and wellness of other individuals and communities. Students develop knowledge and skills related to the care of elders, including those experiencing chronic conditions, frailty, and loss. Students explore the impact of aging and frailty on the individual and gain an appreciation for resources available to help individuals maintain independence and assist their family, peers and community during the final stages of life span development.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES3070: SPECIAL POPULATIONS

Students understand the diversity of experiences facing special populations of children and adults in society who access health care services. Students develop an understanding of the impact of health challenges on the needs of daily living of special populations and identify available professional, family, and community resources to assist independence and promote wellness for individuals needing care and assistance.

Prerequisite: HES1100: Communication Skills for Helping Relationships
HES1010: Health & Wellness Fundamentals

HES3080: MENTAL HEALTH

Students acquire the knowledge and skills necessary for achieving and maintaining mental health and wellness. Students study stress and its relationship to health and wellness and examine resources to prevent and manage stress as well as adaptive and maladaptive coping mechanisms related to stress. Students gain an appreciation for the complexity of a variety of mental health conditions including dementia and depression and the medical and integrative health approaches and resources available to manage them. Students examine the impact of mental health as it pertains to the individual, family, peers and community.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES3090: CHILD CARE FIRST AID

Students study and demonstrate first-aid skills and procedures, including CPR and AED, for dealing with emergency situations with separate emphases on adults and on infants and children. Students identify a child-safe environment and recognize and demonstrate skills and procedures for dealing with child and infant emergency situations and medical conditions.

Prerequisite: None

HES3100: EARLY LEARNING & CHILD CARE 1

This is the first of five courses leading to Provincial Certification required to work in licensed child care programs. Students investigate the roles and responsibilities of a child care worker, and develop communication, observation and skills for guiding behavior.

Prerequisite: None

HES3110: EARLY LEARNING & CHILD CARE 2

This is the second of five courses leading to Provincial Certification required to work in licensed child care programs. Students will develop skills to assist in promoting the physical, intellectual, and language development in children from birth to age six.

Prerequisite: HES3100: *Early Learning & Child Care 1*

HES3120: EARLY LEARNING & CHILD CARE 3

This is the third of five courses leading to Provincial Certification required to work in licensed child care programs. Students will develop skills to assist in promoting the social-emotional and creative development with children from birth to age 6. Students will also examine the development of learning through play.

Prerequisite: HES3110: *Early Learning & Child Care 2*

HES3130: EARLY LEARNING & CHILD CARE 4

This is the fourth of five courses leading to Provincial Certification required to work in licensed child care programs. Students will examine family dynamics and issues as well as the cultural diversity of the children and families under their care. Students will also develop skills to support and promote the cultural identity of children.

Prerequisite: HES3120: *Early Learning & Child Care 3*

HES3140: EARLY LEARNING & CHILD CARE 5

This is the fifth of five courses leading to Provincial Certification required to work in licensed child care programs. Students will learn appropriate practices related to routines in a child care program. Students will also plan for the health, safety and wellbeing of children in child care programs.

Prerequisite: HES3130: *Early Learning & Child Care 4*

HES3150: HEALTH CARE 2

Students continue to learn about providing health care as it relates to special conditions and long-term care.

Prerequisite: HES2080: *Health Care 1*

HES3160: HEALTH CARE 3

Students continue to learn about providing health care as it relates to special conditions and long-term care.

Prerequisite: HES3150: *Health Care 2*

HES3170: MUSCULOSKELETAL SYSTEM 2

Students acquire advanced knowledge and skills necessary for the application of the basic principles of movement and biomechanics to a variety of skills and activities. Students gain an appreciation for how biomechanics can impact the health and wellness of individuals and their family, peers and community.

Prerequisite: HES1040: *Musculoskeletal System 1*

HES3180: TRAINING & CONDITIONING

Students gain an understanding of training principles and how they affect workout design. Students also gain fundamental skills for assessing exercise intensity and learn training principles to increase and decrease workout designs for apparently healthy individuals.

Prerequisite: HES1070: *Cardiovascular System*
HES3170: *Musculoskeletal System 2*

HES3190: FITNESS INSTRUCTION LEADERSHIP PRINCIPLES

Students will learn components of fitness and apply them to the design of various fitness and exercise classes for apparently healthy individuals. Students will develop their own leadership style and practice effective communication techniques for leadership in a group exercise setting.

Prerequisite: HES3180: Training & Conditioning
HES1020: Nutrition & Wellness

HES3200: RESISTANCE TRAINING LEADERSHIP

Students apply knowledge of the musculoskeletal system, basic biomechanics, basic training and conditioning principles and fitness leadership principles to a resistance training context. Students learn principles and skills to develop and lead a resistance training workout program for apparently healthy individuals.

Prerequisite: HES3180: Training & Conditioning

HES3210: AQUATIC FITNESS TRAINING LEADERSHIP

Students apply knowledge of the musculoskeletal system, basic biomechanics, basic training and conditioning principles and fitness leadership principles to an aquatic exercise training context. Students learn principles and skills to develop and lead a group aquatic exercise program for apparently healthy individuals.

Prerequisite: HES3190: Fitness Instruction Leadership Principles

HES3220: FITNESS LEADERSHIP FOR THE OLDER ADULT

Students apply knowledge of the musculoskeletal system, basic biomechanics, basic training and conditioning principles and fitness leadership principles to leading fitness classes for apparently healthy older adults.

Prerequisite: HES3190: Fitness Instruction Leadership Principles

HES3230: GROUP EXERCISE LEADERSHIP

Students apply knowledge of the musculoskeletal system, basic biomechanics, basic training and conditioning principles and fitness leadership principles to leading group exercise classes with different emphases for apparently healthy individuals.

Prerequisite: HES3190: Fitness Instruction Leadership Principles

HES3240: COACHING 2

Students learn basic coaching skills common to all sports in the areas of designing a sport program and ethical considerations for coaching. Students develop an appreciation for the role and responsibilities of a coach in community recreation programs.

Prerequisite: HES2150: Coaching 1

HES3250: EVER ACTIVE KIDS LEADERSHIP

Students learn principles of Ever-Active Leadership with children and youth in recreation settings in the community. Ever-Active Kids leaders endeavor to develop proficient and expressive movers who have a comfort and joy in using their bodies for both goal-directed and aesthetic purposes based on evidenced-based principles of movement and child and youth development.

Prerequisite: HES2110: Recreation Leadership

HES3260: ANIMAL ASSISTED PROGRAMS

Students develop an understanding of the practice and profession of Animal Assisted Therapy (AAT) and Animal Assisted Activities and how these principles can be applied across a variety of age groups, populations and settings. Students examine the differences in philosophy and purpose of Animal Assisted Therapy and Animal Assisted Activities Programs. Students examine how animals can enhance dimensions of wellness in hospitals, long-term care centers, corrections facilities, and schools. Students will develop an understanding of components and principles necessary for modifying environments, working within a team, and creating programs aimed to benefit a variety of people.

Prerequisites: HES1030: Nature & Wellness
AGR1020: Agriculture Safety
AGR2070: Equine 1
AGR2045: Companion Animals
HES1100: Communication Skills for Helping Relationships
HES3070: Special Populations

HES3270: HORTICULTURAL THERAPY PROGRAMS

Students develop an understanding of the practice and profession of Horticultural Therapy and how it can be applied across a variety of age groups, populations and settings. Students examine how Horticultural Therapy Programs enhance dimensions of wellness in hospitals, long-term care centers, correctional facilities and schools. Students will also develop an understanding of components and principles necessary for modifying environments and creating activities to benefit a variety of people.

Prerequisite: HES1030: Nature & Wellness
HES3070: Special Populations
AGR1055: Gardening
HES1100: Communication Skills for Helping Relationships

HES3280: PROFESSIONAL STANDARDS & ETHICS

Students examine the roles and responsibilities of government, organizations and consumers in the Canadian health care system. Students will investigate various roles and responsibilities for the development and administration of professional standards and ethics in health care and recreation settings. Students gain knowledge and understanding about how to manage legal and ethical responsibilities when working in helping relationships.

Prerequisite: HES1010: Health & Wellness Fundamentals

HES3290: ADVANCES IN MEDICAL TECHNOLOGY

Students learn current technologies utilized in medical diagnosis and treatment and examine biomedical ethics surrounding current and emerging technologies.

Prerequisite: None

HES3910: HES PROJECT D

Students develop project design and management skills to extend and enhance competencies and skills in other Career and Technology Studies (CTS) courses through contexts that are personally relevant

Prerequisite: None

HES3920: HES PROJECT E

Students develop project design and management skills to extend and enhance competencies and skills in other Career and Technology Studies (CTS) courses through contexts that are personally relevant.

Prerequisite: None