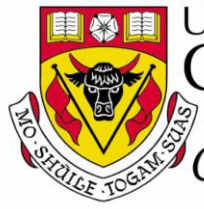


BP
Dec. 16 '11



UNIVERSITY OF
CALGARY

FACULTY OF MEDICINE
*Community Rehabilitation
and Disability Studies*

CORE 557

Half

HEALTH AND LIFESTYLE: THEORY AND
PRACTICE FOR CRDS PROFESSIONALS

Calendar Description

Often CRDS professionals are called upon to engage in meaningful / knowledgeable conversations about their client's health and frequently within a cross-disciplinary capacity. Therefore to assist in this process; the intention of this course is to provide the CRDS students with basic theoretical knowledge about human anatomy and physiology. A general understanding of the multiple dimensions of health and how to design health and lifestyle plan designed for the specific needs of their clients. This course will enable CRDS students to build their capacity both in content knowledge as well as within a specific context for people living with disabling condition(s) and for personal health applications. This course will be taught from a collaborative / inquiry learning approach which invites meaningful interprofessional participation that emphasize knowledge into action. As such, to demonstrate through an understanding of basic anatomy and physiology the student becomes conversant with the science, the complexities of health and focused on potential clients.

Content/Objectives

- Students will through an inquiry based / collaborative learning model become knowledgeable about the basic structures and interaction of the body's major physiological and anatomical systems, for example the muscular, cardiovascular, nervous / sensory, digestive ...etc.
- Students will select a disabling condition of choice, research the effects / affects of this condition to identify the specific condition in terms of anatomy and physiology.
- Students will be able to construct a comprehensive plan to change, improve or moderate a health and lifestyle plan using knowledge and language consistent with the anatomy and physiology.

Assignments

- | | |
|---|------------------|
| 1. Group Paper- Learning the fundamentals of human anatomy and physiology | 35% Value |
| 2. Paper – Disabling Condition/Anatomy and Physiology knowledge into action | 35% Value |
| 3. Client specific plan | 10% Value |
| 4. Class participation | 20% Value |

Resources

Sherrill, C. (2004). Adapted physical activity, recreation, and sport. McGraw-Hill: Toronto.

The Physiology Coloring Book (Paperback) [Wynn Kapit](#), [Robert I. Macey](#) & [Esmail Meisami](#)

Health the Basics (4th Ed.) (paperback) Pearson Pub.

Details for current course offerings are available at: www.crdcs.org

Instructor and Course Information

COURSE: Core 557

INSTRUCTOR: Dr. Richard Hovey

TERM: Winter 2012

TELEPHONE: 647.938.0179

SECTION: L01, B01

FAX:

TIME/DATE:

EMAIL rhovey@ucalgary.ca

LOCATION: Web-based Blackboard

Course Description

The intention of this course is to provide the CRDS students with basic theoretical knowledge about human anatomy and physiology and the development of health and lifestyle plan designed for the specific needs of their clients. This course will enable the CRDS student through an inquiry based learning approach an opportunity to participate in activities that emphasize knowledge into action. As such, a demonstration through an understanding of basic anatomy and physiology is conversant of the science into person-centered practice.

Course Schedule

Informal chats and asynchronous discussions on a weekly basis throughout the course. These discussions will address student questions and research regarding the course assignments and information and therefore will be student driven.

Details of Assignments

Assignment #1. Paper (10 pages max.) and Power Point Slides (5 max.)

Anatomy and physiology knowledge translation and transfer assignment for CRDS professionals. In groups of 5, students will take individual sections from their A&P book, (these will be provided by the instructor) learn the material (knowledge) translate this knowledge into a context appropriate for CRDS professionals and transfer this knowledge through a written paper to the group. As knowledge brokers the individual group efforts will be collated into a single larger paper which will be made available for the group and the rest of the class. This is a collaborative effort so your group members and instructor will provide you with ongoing feedback and support for you to be successful with this project. Your grade will be based on how well you take new and challenging information and make it understandable for your peers. Since your knowledge brokering will require supporting educational materials please produce summery slides of your written work.

(35% - This group assignment is due February 6, 2012)

Paper #2: (15 pages max.)

For the individual assignment will choose a disabling condition of interest and describe the anatomical and physiological characteristics of the condition. Then through an inquiry based learning approached involving research, the course textbook, journals, professionals in the field construct a health and lifestyle plan to help the person living with this condition.

(35% Due April 5, 2011)

Assignment#3:As an extension of your specific health and lifestyle plan create an abbreviated plan creatively written in plain language and supported with pictures, brail etc., appropriate for the client, social network and other CRDS professionals.

(10%:Due April 19, 2011)

Class participation:

Mindful participation as we learn about, with and from each other are expectations within a collaborative learning model that everyone participates, supports and enhance the learning experience of everyone. Therefore part of your grade will be calculated by the quality of your participation. So please be evolved, ask questions, provide insight and enjoy this opportunity to engage in interprofessional collaboration.

(20% ongoing and until the end of the class)

Marking Scheme

95 – 100	A+	80 – 84	B+	65 – 69	C+	50 – 54	D+
90 – 94	A	75 – 79	B	60 – 64	C	45 – 49	D
85 – 89	A-	70 – 74	B-	55 – 59	C-	Below 44	F

IMPORTANT DATES FOR WINTER 2012

The last day to change or drop a course - **January 20, 2012**

The last day to pay balance of fees – **January 27, 2012**

The last day to withdraw – **April 13, 2012**

Academic Accommodation: Students with a disability, who require academic accommodation, need to register with the Disability Resource Centre <http://www.ucalgary.ca/UofC/Others/DRC> MC 295, telephone 220-8237. Academic accommodation letters need to be provided to course instructors no later than fourteen (14) days after the first day of class. ***It is a student's responsibility to register with the Disability Resource Centre and to request academic accommodation, if required.***

IMPORTANT: Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offence. Students should examine sections of the University Calendar that present a Statement of Intellectual Honesty and definitions and penalties associated with Plagiarism/Cheating/and Other Academic Misconduct.

Purchasing a Textbook from the University of Calgary Bookstore:

- Shop On-line www.calgarybookstore.ca/ Click on --> Shop On-line; Click on --> Textbooks; Follow the directions.
- Order by Phone: (403) 220-5937; Toll Free: 1-877-220-5937
- In Person: Go to the University of Calgary Bookstore, MacEwan Student Centre, Room 155, 2500 University Drive NW, Calgary, AB T2N 1N4