

GNED 2028: LIFESTYLE MANAGEMENT

Course outlines are reviewed annually as part of continual quality improvement. This course was last updated for the effective term below.

Effective Term

Fall 2018

Full Course Title

Lifestyle Management

Subject Code

GNED - PS General Education

Course Number

2028

Academic Level

Post Secondary

Grade Mode

Numeric

PLAR Applicable

Yes

Total Hours

42

Course Description

Quality of life is reflected in personal and societal wellness. In this course, students are introduced to the concept of wellness and provides practical strategies for developing a healthy lifestyle. Students explore issues such as stress management, nutrition, mental and physical fitness, and self-responsibility. In addition, students assess the impact of global forces on themselves and Canadian society.

Equivalent(s) Courses (One-Way)

HEN 5101 - Exploring Personal Lifestyles

General Education Themes

The following themes will be used to provide direction to colleges in the development and identification of courses that are designed to fulfill the General Education requirement for programs of instruction:

Personal Understanding

Course Content

- Components of lifestyle management
- Promotion of healthy behaviour change
- Psychosocial health
- Stress management
- Nutrition and weight management
- Physical fitness
- Addiction
- Global trends and health issues

Course Evaluation

The passing grade for this course is 50% unless otherwise noted below. The evaluation is comprised of:

- Tests 50%
- Assignments 50%

Tests/examinations/assignments must be written/submitted at the time specified. Requests for adjustments to that schedule must be made before the test/exam/assignment date to the faculty member. Failure to do so will result in a mark of "0", unless an illness/emergency can be proven with appropriate documentation at no cost to the College.

The passing grade for all courses is 50%, or letter grade of P (Pass) or S (Satisfactory) unless otherwise noted below. The passing weighted average for promotion through each semester of a program is 60% and is a requirement to graduate.

Course Learning Outcomes

Upon successful completion of this course, the student has reliably demonstrated the ability to:

1. identify the components of wellness (mind, body, spirit) and their influences on quality of life from an individual and societal perspective;

This learning outcome meets the following Essential Employability Skills(s):

EES1: Communication
EES2: Response to communication
EES6: Organization of information
EES7: Application of research and information
EES8: Respect for others
EES9: Interaction and collaboration
EES10: Time and resource management
EES11: Responsibility for actions

Evaluation

Introduced
Assessed

Upon successful completion of this course, the student has reliably demonstrated the ability to:

2. examine the importance of the components of wellness and their effect on personal lifestyle choices;

This learning outcome meets the following Essential Employability Skills(s):

EES1: Communication
EES2: Response to communication
EES4: Approaches to problem solving
EES5: Critical thinking to solve problems
EES6: Organization of information
EES7: Application of research and information
EES8: Respect for others
EES9: Interaction and collaboration
EES10: Time and resource management
EES11: Responsibility for actions

Evaluation

Introduced
Assessed

Upon successful completion of this course, the student has reliably demonstrated the ability to:

3. investigate alternative approaches to lifestyle management;

This learning outcome meets the following Essential Employability Skills(s):

EES1: Communication
EES2: Response to communication
EES4: Approaches to problem solving
EES5: Critical thinking to solve problems
EES6: Organization of information
EES7: Application of research and information
EES8: Respect for others
EES9: Interaction and collaboration
EES10: Time and resource management
EES11: Responsibility for actions

Evaluation

Introduced

Assessed

Upon successful completion of this course, the student has reliably demonstrated the ability to:

4. evaluate how personal and societal characteristics and influences affect lifestyle choices;

This learning outcome meets the following Essential Employability Skills(s):

EES1: Communication
EES2: Response to communication
EES4: Approaches to problem solving
EES5: Critical thinking to solve problems
EES6: Organization of information
EES7: Application of research and information
EES8: Respect for others
EES9: Interaction and collaboration
EES10: Time and resource management
EES11: Responsibility for actions

Evaluation

Introduced
Assessed

Upon successful completion of this course, the student has reliably demonstrated the ability to:

5. assess the effect of global forces on the health and wellness of Canadians, individually and collectively;

This learning outcome meets the following Essential Employability Skills(s):

EES1: Communication
EES2: Response to communication
EES4: Approaches to problem solving
EES5: Critical thinking to solve problems
EES6: Organization of information
EES7: Application of research and information
EES8: Respect for others
EES9: Interaction and collaboration
EES10: Time and resource management
EES11: Responsibility for actions

Evaluation

Introduced
Assessed

Upon successful completion of this course, the student has reliably demonstrated the ability to:

6. develop a lifestyle plan that incorporates the principles of wellness while taking into account the impact of external forces in contemporary society.

This learning outcome meets the following Essential Employability Skills(s):

EES1: Communication
EES2: Response to communication
EES5: Critical thinking to solve problems
EES6: Organization of information
EES7: Application of research and information
EES10: Time and resource management
EES11: Responsibility for actions

Evaluation

Introduced
Assessed