

COURSE DESCRIPTIONS

Course CMH1010: Family Dynamics

Students examine family structures, and roles and responsibilities, involved in meeting the demands of today's society. Students study past family and health patterns to determine how such patterns influence family life now and in the future.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

Courses CMH1040: Caring for Children

Students focus on accident prevention, handling emergencies, and the rights and responsibilities of the caregiver (babysitter) and the families.

Course CMH1050: Child Development

Students examine the needs and behaviours of children in various stages of development, and demonstrate management and caregiving skills applicable to each developmental stage. Students identify various community care facilities and observe how different centres meet the needs of the children and family. Students explore their interest in working with young children.

Course CMH1060: Home Care 1

Students study the roles, rights and responsibilities, communication and management skills necessary to providing home care. To further gain understanding of home care, students study the promotion and maintenance of a healthy integumentary system. Community support resources are identified.

Course CMH1080: Perspectives on Health

Students identify the determinants of good health, and examine how these determinants affect personal well-being. Students also discuss the shared roles, rights and responsibilities of health services and the changing trends in health.

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Course CTR1210: Personal Safety (Management)

Students develop practical safety-related knowledge, skills and attitudes, and obtain certification in emergency first aid.

Course CMH2010: Adolescent Health Issues

Students explore and examine various health issues that are of interest to modern adolescent teens, and identify community resources available to teenagers.

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Course CMH2030: Community Volunteerism

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

Course CMH2050: Day Care 1

Students investigate the roles and responsibilities of a child care worker, and develop communication and observation skills. Students also develop skills to assist in the physical, social, emotional and intellectual development of children from birth to age six.

Course CMH2060: Home Care 2 (Personal Care Services)

Students identify and demonstrate the skills necessary to provide personal care services for individuals with special needs, recognizing the impact on the individual and family members.

Course CMH2070: Sensory Challenges

Students examine sensory challenges and the impact on the individual and family dynamics, and identify available community resources and technologies. Students also have an opportunity to study communication skills for sensory challenged individuals.

Course CMH2080: Respiratory Challenges

Students study the anatomy, physiology and pathology of the respiratory system to gain an appreciation for practicing a healthy lifestyle, and to acquire the knowledge and skills necessary to deal with respiratory conditions as they affect the individual, family and friends. Students also identify community support resources.

Course CMH2090: Circulatory System

Students study the anatomy, physiology and pathology of the circulatory system to gain an appreciation for practicing a healthy lifestyle, and to acquire the knowledge and skills necessary to deal with circulatory conditions as they affect the individual, family and friends. Students also identify community support resources.

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Course CMH2100: Musculoskeletal System

Students study the anatomy, physiology and pathology of the musculoskeletal system to gain an appreciation for practicing a healthy lifestyle, and to acquire the knowledge and skills necessary to deal with musculoskeletal conditions as they affect the individual, family and friends. Students also identify community support resources.

Course CMH2110: Complementary Therapies

Students examine complementary therapies, their foundations, applications, costs, ethical issues and predictions for the future.

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Course CMH2120: First Aid/CPR

Students study first-aid skills, and demonstrate techniques and procedures for dealing with emergency situations.

Course CMH2130: Sports First Aid 1

Students learn different aspects of sports injuries, first-aid care and prevention of athletic injuries.

Course CMH3010: Family Issues

Students examine changes that occur within a family and the required adjustments family members must make. Cultural diversities are investigated and community resources are identified.

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Course CMH3020: Parenting

Students examine parenting, current family dynamics and related issues, and enhance potential parenting skills.

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Course CMH3030: Aging

Students gain an understanding of the issues involved with the aging process and the impact of such issues on the individual, the family and the community. Students identify community resources and recognize the importance of seniors as a resource to the community.

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Course CMH3040: Prenatal & Postnatal Care

Students focus on the impact of pregnancy on physical, mental and social well-being, and understand the significance of prenatal, labour, delivery and postnatal care.

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Course CMH3050: Day Care 2

Students continue to study the development and care of children, focusing on the importance of play and guiding behaviour.

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Course CMH3060: Home Care 3 (Special Conditions)

Students continue to learn about home care as it relates to special conditions, special treatments, loss, long-term care and the palliative process.

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Course CMH3070: Challenged Individuals

Students recognize the diversity of experiences facing individuals who are physically and/or mentally challenged, and identify available community resources for such individuals.

Course CMH3080: Digestive System

Students study the anatomy, physiology, pathology and treatment of the digestive and elimination systems. They gain an appreciation for practicing a healthy lifestyle, and acquire the knowledge and skills necessary to deal with digestive and elimination conditions as they affect the individual, family and friends. Students also identify community support resources.

Course CMH3090: Nervous/Endocrine Systems

Students study the anatomy, physiology and pathology of the nervous/endocrine systems. They gain an appreciation for practicing a healthy lifestyle, and acquire the knowledge and skills necessary to deal with nervous/endocrine conditions as they affect the individual, family and friends. Students also identify community support resources.

Course CMH3100: Mental Health

Students study the parameters of mental well-being and the causes, signs, symptoms and treatment of mental illness. Students learn coping skills, and identify community support resources.

Course CMH3110: Advances in Medical Technology

Students focus on the social, emotional and economic impact of health technology. Related ethical issues are also examined.

Course CMH3120: First Aid/CPR for Children

Students identify a child-safe environment and recognize life-threatening emergencies or medical conditions, and demonstrate appropriate first-aid procedures.

Course CMH3130: Sports First Aid 2

Students focus on the application of knowledge, skills and techniques to enhance athletic performance, and identify common athletic injuries, therapeutic solutions and rehabilitation strategies.

Course CMH3140: Perspectives on Marriage

Students examine relationships and related issues as they apply to marital relationships, and acquire life skills that will help them now and in the future.

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