



COURSE OVERVIEW

PCP-122, Human Essentials 2, will be delivered in the classroom setting using an interactive, student centered blend of lecture and group discussion formats. Most of the PCP courses are geared toward teaching the students to assess a patient's state of health, create a treatment plan and subsequently render care. PCP-122 will guide the students in the utilization of tools to help them do a self-assessment, create a plan and put into motion strategies to help improve their own physical and mental well-being.

Specific topics include health benefits of physical activity and exercise, changing to a healthy lifestyle, preparing for physical activity and exercise, cardiorespiratory endurance, flexibility, muscular strength, nutrition, body composition, stress management, and making informed decisions

MEETING TIMES & INSTRUCTIONAL METHODS

In-class sessions (virtual when warranted)

Lecture/Group Discussion: Mondays 13:00 – 14:45

Total hours: 16

REQUIRED MATERIALS, PREREQUISITES, & COREQUISITES

Textbook

Thygerson, A. L., Thygerson, S. M. (2021). *Fit to be well: Essential concepts*. 6th ed. Burlington, MA: Jones and Bartlett Learning

Class Materials

Students will be expected to come to class prepared to take notes and to complete in-class activities. Instructors may also specify the use of mobile phones and laptops for some activities.

Supplemental Materials to be posted on the private members' area of the Omni Life Support website: Materials related to PCP-122 such as in-class presentations & assignments will be available for student access on this website. Academy faculty does not authorize the posting of PCP-122 materials on other sites. Each student is responsible for his/her own learning which includes staying current with postings on the Omni Life Support website.



Prerequisites:

PCP-112 Human Essentials 1

Corequisites:

PCP-100, PCP-108, PCP-124, PCP-126, PCP-127, PCP-129, &
PCP-12PT

INSTRUCTOR(S)

Instructor: Rene Savoie

E-mail: Rene.Savoie@omnilifesupport.com

Voice: (506) 830-4277

INTENDED LEARNING OBJECTIVES:

Learning objectives for PCP-122 are guided by the *National Occupational Competency Profiles* for Paramedics. As per these guidelines, to succeed in this course, you must demonstrate competence in the following areas. By the end of the course, the student will be able to:

- Describe the benefits of routine physical activity.
- Describe the Stages of Change model used in changing to a healthy lifestyle.
- Determine how much physical activity is needed each week and how to prepare for physical activity.
- Measure and assess your cardiorespiratory endurance, and then design an appropriate cardiorespiratory exercise program.
- Define and assess flexibility and implement stretching into an exercise program.
- Describe effective muscle training exercises and assess muscular strength and endurance.
- Design an effective muscle-training program.
- Describe the major components of nutrition and how to change to a healthy diet.
- Describe methods to assess body composition and identify strategies for effective weight management.
- Identify common symptoms and sources of stress as well as useful strategies for coping with stress.
- Describe a lifetime fitness program.



INTENDED LEARNING OBJECTIVES:

Learning objectives for PCP-122 Human Essentials 2 are guided by the *National Occupational Competency Profiles (NOCP)* for Paramedics. Each objective, indicated by the prefix “O”, is linked to the corresponding NOCP sub-competency with the matching alpha-numerical code (e.g., O1.1.a is the learning objective tied to sub-competency 1.1.a of the NOCP for Paramedics). As per the NOCP guidelines for Paramedics, to succeed in this course, you must demonstrate competence in the following areas.

O3.1.a	<p>By the end of the course, the student will be able to:</p> <ul style="list-style-type: none">○ List the components of a balanced, healthy lifestyle.○ Describe personal activities / habits which promote a balanced, healthy lifestyle.○ Choose personal activities/habits, which promote a balanced and healthy lifestyle.
O3.1.b	<p>By the end of the course, the student will be able to:</p> <ul style="list-style-type: none">○ List personal support systems that promote the maintenance of physical and mental health.○ Describe the benefits of a personal support system.○ Value the benefits of a personal support system.
O3.1.c	<p>By the end of the course, the student will be able to:</p> <ul style="list-style-type: none">○ Define “stress” and “stress disorder.”○ Describe factors that typically contribute to personal stress.○ Discuss techniques to manage stress.○ Explain the concept of critical incident stress management.○ Recognize behaviors suggesting a negative response to stress.○ Choose techniques for managing personal stress.
O3.1.d	<p>By the end of the course, the student will be able to:</p> <ul style="list-style-type: none">○ List the effects of shift work on physical and mental health.○ Describe strategies to promote physical and mental health.○ Choose strategies to promote physical and mental health.
O3.1.e	<p>By the end of the course, the student will be able to:</p> <ul style="list-style-type: none">○ Describe the physical capabilities required of an EMS practitioner.○ Describe strategies to develop and maintain physical strength and fitness.○ Choose strategies to develop and maintain physical strength and fitness.○ Demonstrate adequate strength and fitness.



GRADING

Students will be evaluated through written examination, class participation & submitted work. A minimum of **70%** must be attained to receive a passing grade for PCP-122 Human Essentials 2.

Class Engagement	20%
Assignment	80%

EXPECTATIONS & TIPS FOR SUCCESS

Academic Standards and Workload: Appropriate professional tone is expected on all student submissions and examinations. This is to help build strong professional practice skills.

A typical PCP course should require 1-2 hours per week of out-of-class work. This time may vary depending on how quickly you read and comprehend assigned course materials.

Classroom Protocol: Students are expected to be courteous & respectful of others, and mindful that a classroom is a shared working space with the primary goal of learning. Unnecessary distractions are to be minimized – that includes turning off cell phones and other distractors during lectures unless permission has been granted by the instructor.

Tardiness is strongly discouraged as it is in the Paramedic workplace. If for some reason you arrive late, please wait and enter the class during break.

Unless otherwise notified by the class instructor, attendance to all classes is mandatory. Absences will be dealt with on a case-by-case basis.

Engagement Points: A student's engagement will be graded out of 100 (representing 20% of the overall course mark). Students will be evaluated on their attendance and participation in every class. Each class will be worth an equal portion of the total 100 points. (See: *Engagement Rubric* in the Resource Folder.)

Absence Due to Special Circumstances or Illness: Let Mr. Savoie know in advance if you need to be away due to special circumstances. If the event conflicts with class examinations, verification of the reason for absence will be required. **Total Amount of Absences Permitted = 2 classes.**



Academic Integrity: In order to maintain a culture of academic integrity, members of the OLS Academy community are expected to promote honesty, trust, fairness, respect, and responsibility.

Communication Methods: Most communications regarding PCP-122 will be done during class sessions. Special announcements will be posted on the OLS Academy website. Emails sent to students will be sent from academy@omnilifesupport.com. Students can email the instructor at Rene.Savoie@omnilifesupport.com with the intended recipient's name in the subject line.

This outline is subject to change at the discretion of academy administrators.