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## **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

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## **MEETING TIMES & INSTRUCTIONAL METHODS**

In-class sessions (virtual when warranted)

Lecture/Group Discussion:                      Mondays                      08:30 – 10:00

Total hours:    18

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## **REQUIRED MATERIALS, PREREQUISITES, & COREQUISITES**

### **Textbook**

Thygerson, A. L., Thygerson, S. M. (2016). *Fit to be well: Essential concepts*. 4th 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.



**OLS  
Academy**

**Primary Care Paramedicine 2023-24**  
**Term 2 | Block 1 & 2**  
**PCP-122 Human Essentials 2**  
OLS Academy  
Course Outline

**Prerequisites:**

PCP-112 Human Essentials 1

**Corequisites:**

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

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## **INSTRUCTOR(S)**

**Instructor:** Joel Mattatall, ACP

E-mail: [joel.mattatall@omnilifesupport.com](mailto:joel.mattatall@omnilifesupport.com)

Voice: (506) 830-4277

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## **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.



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**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.

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



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## **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%

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## **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 distracters 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. Berteit 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.



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**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](mailto:academy@omnilifesupport.com). Students can email the instructor at [joel.mattatall@omnilifesupport.com](mailto:joel.mattatall@omnilifesupport.com) with the intended recipient's name in the subject line.

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