Yukon University	School of Health, Education, and Human Services
	HCA 111 **HEALING 2 – LIFESTYLE & CHOICES**
	Fall, 2026 **3 Credits**

Course Outline

INSTRUCTOR: Ariana Warner
E-MAIL: awarner@yukonu.ca
CLASSROOM: A2714
CLASS Dates/TIMES: Monday: Sept 14-Nov 30 (0900 – 1200), Thursday: September 17 & 24 (0900-1200), Friday: Sept 11 (0900-1200) & November 20 (1300-1600)

- Please note: 2 classes will take place in various community locations around Whitehorse

No Classes during Fall Reading Week: Oct 12-16, 2026

Instructor Office Hours: Mondays 1200-1300

HEHS Office: A2501 Ayamdigut Campus hehs@yukonu.ca (668-8845)

COURSE DESCRIPTION

This course introduces students to a holistic concept of health and the components of a health-enhancing lifestyle. Students will be invited to reflect on their own experience of health, recognizing challenges and resources that can affect lifestyle choices. Students will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing. Students will also be introduced to the concept of health from a local and global perspective and the factors that affect community health.

COURSE REQUIREMENTS

Prerequisite(s): None
Corequisite(s): Full-time enrollment in HCA program unless special permission provided by HCA Coordinator

EQUIVALENCY OR TRANSFERABILITY

Transfers not yet formalized through BCCAT, due to recent changes in BC Curriculum. Receiving institutions determine course transferability. Find further information at:

https://www.yukonu.ca/admissions/transfer-credit

LEARNING OUTCOMES

Upon successful completion of the course, students will be able to:

- explain the interrelationship of physical, social, cognitive, emotional and spiritual determinants of health and their relationship to lifestyle choices.
- identify aspects of the HCA role which could lead to unhealthy stress and how to mitigate stress.
- describe how one's ability to think, reason, interpret, remember, assess, and solve problems is related to health.
- describe the complexity of the change process in relation to health promotion, including the effects of social, cultural and spiritual components on choices and behaviors.
- describe how one's choices affect one's environment and how the environment influences one's health and lifestyle choices.
- discuss factors affecting health in the community and plan a strategy for a healthier community.

COURSE FORMAT

Weekly breakdown of instructional hours

Each class will have 3 hours of direct instruction time over the total of 15 classes. It is expected that this course will require 2-4 hours/week of homework and additional reading. The time required will vary by individual.

Delivery format

This course is delivered on campus, in person. Students are expected to attend class and may be required to complete assignments and/or activities online or individually. This course will consist of lectures, group work, learning activities, and may include guest speakers and other methods to optimise learning. The format for each class will include:

- Opportunity for questions on previous material
- Introduction and integration of new material
- Assignments & preparation for next class

EVALUATION

Participation	15 %
Assignments	85%
Total	100%

Attendance & Participation 15%

This course is part of the HCA program which is experiential; therefore attendance is essential. Attendance means being at class on time every day, prepared for the class and participating to the end of the class. If student cannot be at class, student must notify the instructor in advance and arrange to get the class notes and information from classmates. Students are responsible for the information and materials of every class.

Participation includes active involvement in the activities of the classroom and completion of assignments, reading, quizzes, etc. Coming to class regularly, being on time, being prepared for the class, speaking up in class and handing in assignments when due will contribute greatly to student's success.

Wellness Journal **25%**

The Wellness Journal is a reflective journal about the student's own health and wellness, experiences, insights, and the students' responses to specific topics assigned by the instructor throughout the course.

Personal Wellness Plan **35%**

This assignment is an action plan for positive change to enhance the wellness based on themes in student's wellness journal, health assessments, and discussions in class and with instructor. Students will plan and carry out a lifestyle change project and report on the outcome.

Community Wellness Challenge **25%**

This assignment provides an opportunity to show evidence of learning by working in small groups to use a problem-solving approach and a change in health behavior/health promotion process to formulate a wellness plan which addresses a community wellness challenge.

All evaluative components for this course are mandatory and must have a passing grade of minimum 50%

Missing or incomplete assignments will result in a course grade of 'Incomplete' or 'Fail' at discretion of the instructor based on overall course work completed

Late Assignments/Work: For every day an assignment **is late** (after assigned due date) 5**%** will be deducted from the original paper grade.

- No assignment will be accepted more than one week (7 calendar days) following the due date unless arrangements are made with instructor of that specific course in advance of due date. Assignments not handed in one week after due date will receive a 0 (failing) grade.

COURSE WITHDRAWAL INFORMATION

Refer to the YukonU website for important dates.

Thursday, November 5th is the last day to withdraw or change to audit from credit courses without academic penalty.

TEXTBOOKS & LEARNING MATERIALS

Brown, B. (2020). *The Gifts of Imperfection* (10th Anniversary Ed.). Hazelden Publishing.

ACADEMIC INTEGRITY

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures for further details about academic standing and student rights and responsibilities.

ACCESSIBILITY AND ACADEMIC ACCOMMODATION

Yukon University is committed to providing a positive, supportive, and barrier-free academic environment for all its students. Students experiencing barriers to full participation due to a visible or hidden disability (including hearing, vision, mobility, learning disability, mental health, chronic or temporary medical condition), should contact Accessibility Services for resources or to arrange academic accommodations: access@yukonu.ca.

TOPIC OUTLINE

Understanding Wellness

- Wellness as process i.e. a journey not a destination.
- Holistic perspective, physical, psychological/emotional, cognitive, social and spiritual dimensions of wellness.
- Interrelatedness of all aspects of health: introduction of the wellness wheel.
- Wellness as it relates to lifestyle and choices.

Physical components of Wellness

- Physical activity.
- Physical self-care.
- Sleep and rest.
- Nutrition: Nutrition throughout the life cycle; factors that affect eating and nutrition; Canada's Food Guide.
- Risk factors & lifestyle
- Harmful substances (general introduction)
- Avoiding or limiting harmful substances

Psychological/emotional components of wellness:

- Interaction between emotions/perceptions and health.
- Psychologically safe environments.
- Stress and stress management.
- Common responses and effects of stress.
- Common stressors related to work of the HCA.
- Burnout and compassion fatigue.
- Strategies for self-assessment and wellness intervention.

Mental components of wellness:

Social (interactive) components of health:

- Social bonds and social supports in relation to health.
- Cultural and societal influences on lifestyle and choices.

Spiritual components of health:

- Personal values and beliefs.
- Clarification of values and beliefs which are personally significant.
- Meaning making.
- Activities that enrich and refresh.

Lifestyle Change

- Complexity of the lifestyle change process.
- Critical thinking and problem-solving as it relates to lifestyle and choices.
- Self-reflection and self-evaluation in relation to challenges and resources.

- Setting achievable goals, using motivators, setting a realistic change agenda.
- Recognizing difficulties inherent in personal change.

Community and Health

- Global Perspectives
    - Environment
    - Socio-Economic
    - Political
- Influence of Culture & Gender
- Community/local Perspectives
    - Environment
- Choice & Empowerment
- Social determinants of health

Indigenous knowledge and perspectives

- Health and wellness through indigenous perspectives
- Cultural influences on health and wellness
- Spirituality as a component of health and wellness