

 Yukon University	School of Health, Education, and Human Services
	HCA 120
	HEALING 1A - COMMON HEALTH CHALLENGES
	Fall, 2026 3 Credits
Course Outline	

INSTRUCTOR: Liris Smith

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CLASSROOM: A2714

Class Dates/Times: Wednesday: Sept 2 – Dec 2 (0900-1200) + Sept 2, 16, 23 (1300-1600) + Friday: Sept 25 (0900-1200)

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

Instructor Office Hours: TBD

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

COURSE DESCRIPTION

This course introduces students to the health care terminology, normal structure and function of the human body and normal bodily changes associated with aging. The prevention of infection, principles and practice of medical asepsis and the role of nutrition in human health and healing will also be explored.

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:

- Use medical terminology correctly.
- Understand the organization of the human body: cells, tissues, organs and the role of homeostasis.
- Describe the structure and function of the major body systems.

- Identify and describe the natural changes in each body system related to aging.
- Recognize the principles of preventing infection and understand the practices associated with this.
- Understand the role of nutrition in maintaining human health and promoting healing.

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	10%
Assignments	30%
Quizzes	30%
Final Exam	30%
Total	100%

ASSESSMENTS

Attendance & Participation

10%

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.

Aging and the Body Assignment - Group Assignment

30%

This assignment has a written and presentation component. Each group will identify the effects of aging on the structure and function of one body system. Students will demonstrate their knowledge and understanding through:

- identification of information related to aging and the body system
- application of the knowledge gained to a case study or real-life scenario
- description of the possible care considerations for an HCA when caring for individuals experiencing changes to this body system related to aging

Anatomy & Physiology Quizzes

30%

Regular quizzes on course content will be completed throughout the course. There are no re-writes for quizzes.

Final Exam Wednesday December 2 (0900-1200)

30%

This exam will evaluate course content as listed in Learning Outcomes and will be cumulative.

NOTE: If a student should fail the final exam a re-write/supplemental exam is not guaranteed, but at the discretion of the instructor.

Other: **NO** Mid-term Exam

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

Wilk, M.J, Sorrentino, S.A. & Remmert, L.N. (2022). Sorrentino's Canadian Textbook for the Support Worker (5th ed.). Elsevier Inc. (Includes the Student Workbook)

Horobin, W., Szudek, A. & Zyl, M.V. (Eds.). (2016). How the Body Works: The Facts Simply Explained. Penguin Random House.

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

Medical Terminology

- Word Elements
- Abbreviations

Structure and Function of the Human Body

- Organization of the Human Body; cells, tissues, organs
- Homeostasis
- Major Body Systems:
 - Integumentary
 - Musculo-Skeletal
 - Nervous
 - Sensory
 - Cardiovascular
 - Respiratory
 - Digestive
 - Endocrine
 - Lymphatic
 - Immune
 - Urinary
 - Reproductive

Natural Changes Associated with Aging

- Effect of Aging on each Body System

Preventing Infection

- Microorganisms and the spread of infection

Nutrition and Healing

- Nutrition in relation to health challenges and aging
- Community Resources (re Nutrition: meals on wheels, dietician, etc.)

Indigenous Knowledge and Perspectives