

HUMAN & SOCIAL SERVICES (HSS) COURSE SUMMARIES

INTRODUCTORY

HSS1010: HEALTH SERVICES FOUNDATIONS

Students examine fundamental attitudes, knowledge and skills to prepare for further study in career pathways in health, recreation and community services. Concepts related to the determinants of health, the dimensions of wellness, basic principles of anatomy, physiology and disease, and basic safety and reporting protocols for providing care to individuals in health, recreation, volunteer and community support settings are reviewed.

Prerequisite: None

HSS1020: NUTRITION & WELLNESS

Students learn the importance of nutrition and hydration for the promotion and maintenance of physical, emotional and social health and wellness throughout life. Students evaluate food and supplement choices, the effects of activity on nutritional requirements and the use of labels to improve daily nutritional intake at all ages.

Prerequisite: None

HSS1030: COMMUNICATION SKILLS FOR HEALTH PROFESSIONALS

Students develop the attitudes, skills and knowledge to improve the effectiveness of their personal communication while providing health, recreation, volunteer and/or support services in the community.

Prerequisite: None

HSS1040: DEVELOPING MATURITY & INDEPENDENCE

Students examine adolescent development in the context of life-span development. Students gain an appreciation for developing strategies to achieve and maintain health and wellness through physical, emotional, social, intellectual and moral development. Students explore how adolescents can develop positive relationships and roles in the community and outline family and community resources available to support the healthy growth and development of teens as they develop maturity and independence on their journey to adulthood.

Prerequisite: None

Note: This course requires notification under Section 11.1 of the Alberta Human Rights Act.

HSS1050: INTRODUCTION TO MENTORSHIP

Students learn about the characteristics of positive mentoring relationships in their personal lives and society. Students prepare to engage in a mentoring relationship. Students apply basic mentoring skills to a mentoring relationship and explore considerations for safety related to mentoring.

Prerequisite: None

HSS1080: LEADERSHIP FUNDAMENTALS 1

Students explore basic principles of leadership and evaluate their personal leadership characteristics and qualities. Students develop a plan for their personal growth as a member of a leadership team and examine the various behaviors, skills and roles of team members that contribute to team effectiveness.

Prerequisite: None

HSS1090: SPEAKING & PRESENTING

Students examine effective communication, public speaking and presentation skills. Students develop and deliver a speech or presentation and apply the principles of effective communication to the evaluation of significant speeches.

Prerequisite: None

HSS1100: NATURE & WELLNESS

Students explore the benefits of relationships between plants, animals, and the environment as applied to the health and wellness of people. Students evaluate how nature affects wellness in individuals and communities. Students plan and modify public and personal spaces to enhance personal wellness using elements of nature. Students reflect on the personal implications for wellness in relation to their environment.

Prerequisite: None

HSS1910: HSS PROJECT A

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

INTERMEDIATE

HSS2020: NURTURING CHILDREN

Students examine the developmental characteristics of toddlers, preschoolers and school-aged children in various stages of physical, emotional, social and intellectual development. Students describe and demonstrate care-giving skills applicable to each developmental stage. Students gain an appreciation for the importance of nurturing skills in promoting health and wellness in childhood.

Prerequisite: None

HSS2030: PERSPECTIVES ON INTERPERSONAL RELATIONSHIPS

Students examine relationships in their lives and identify their roles in these relationships. Students develop personal effectiveness and basic conflict resolution skills needed to enhance personal and working relationships. Students examine basic ethical, legal and cultural considerations when managing conflict in a variety of settings and relationships.

Prerequisite: None

HSS2040: FAMILY FOUNDATIONS

Students gain an appreciation for their roles in strengthening current and future family relationships and the rights, roles and responsibilities of family members throughout the family life cycle. Students examine changes that occur within a family and the required adjustments family members must make to manage changes effectively. Cultural diversities are investigated and community resources that support families are identified.

Prerequisite: None

HSS2050: BECOMING A MENTOR

Students analyze the relationship between mentoring and the wellness of individuals and communities. Students build a personal profile to prepare for their role as a mentor and demonstrate mentoring skills.

Prerequisite: HSS1050: Introduction to Mentorship

HSS2080: LEADERSHIP FUNDAMENTALS 2

Students analyze characteristics, qualities and styles of effective leadership. Students plan for personal and group leadership development and demonstrate effective teambuilding skills while participating as a member of a leadership team.

Prerequisite: HSS1080: Leadership Fundamentals 1

HSS2910: HSS PROJECT B

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

HSS2920: HSS PROJECT C

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

HSS2950: HSS INTERMEDIATE PRACTICUM

Students apply prior learning and demonstrate the attitudes, skills and knowledge required by an external organization to achieve a credential/credentials or an articulation.

Prerequisite: None

ADVANCED

HSS3010: PROFESSIONAL STANDARDS & ETHICS

Students examine the roles and responsibilities of government, organizations and consumers in the Canadian health care system. Students investigate various roles and responsibilities related to the development and administration of professional standards and ethics in health care and recreation settings. Students gain knowledge and understanding regarding how to manage legal and ethical responsibilities when working in helping relationships.

Prerequisite: HSS1010: Health Services Foundations

HSS3020: MENTAL HEALTH & WELLNESS

Students acquire the attitude, skills and knowledge necessary for achieving and maintaining mental health and wellness. Students study stress and its relationship to health and wellness and examine resources to prevent and manage stress as well as adaptive and maladaptive coping mechanisms related to stress. Students gain an appreciation for the complexity of a variety of mental health conditions including dementia and depression and the medical and integrative health approaches and resources available to manage them. Students examine the impact of mental health as it pertains to the individual, family, peers and community.

Prerequisite: HSS1010: Health Services Foundations

HSS3050: BECOMING A MENTEE

Students build a personal profile to engage as a mentee in a successful mentoring relationship to explore career and/or personal goals for citizenship or volunteering in their community.

Prerequisite: None

HSS3060: EXTENDING THE MENTORING RELATIONSHIP

Students demonstrate effective strategies for enhancing resiliency in the context of a mentoring relationship. Students examine unique populations that commonly occur in communities and adapt mentoring activities to meet the needs of supported populations and cultural differences, including differences related to First Nations, Métis, and Inuit (FNMI) perspectives.

Prerequisite: HSS2050: Becoming a Mentor

HSS3070: PEER MENTORING

Students examine the Positive Youth Development Model and assist in the planning, facilitation and assessment of a peer mentoring program for a specific community.

Prerequisite: HSS1080: Leadership Fundamentals 1

HSS3050: Becoming a Mentee

HSS3060: Extending the Mentoring Relationship

HSS3080: LEADERSHIP FUNDAMENTALS 3

Students analyze the function and development of a leadership team using Systems Theory, Systems Thinking, and Change Theory related to leadership. Students plan for the development of an effective team and demonstrate leadership skills while leading a leadership team.

Prerequisite: HSS2080: Leadership Fundamentals 2

HSS3090: GOVERNANCE & LEADERSHIP

Students examine the roles and functions of various governance structures including the evaluation of a constitution. Students lead and participate in meetings run by Robert's Rules of Order.

Prerequisite: None

HSS3910: HSS PROJECT D

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

HSS3920: HSS PROJECT E

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

HSS3950: HSS ADVANCED PRACTICUM

Students apply prior learning and demonstrate the attitudes, skills and knowledge required by an external organization to achieve a credential/credentials or an articulation.

Prerequisite: None