



# NURS11157 Lifespan Approach to Health and Wellness for Nursing

## Term 1 - 2017

Profile information current as at 29/04/2024 04:07 pm

All details in this unit profile for NURS11157 have been officially approved by CQUUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

## General Information

### Overview

This unit adopts a lifespan approach to introduce you to a variety of developmental theories including biological, psychological and social elements. Illness prevention and health promotion models relevant to registered nurses are also examined. You will have the opportunity to critically analyse and apply these theoretical concepts through interaction with peers and others through a variety of mediums.

### Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 7

Fraction of Full-Time Student Load: 0.125

### Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

### Offerings For Term 1 - 2017

- Bundaberg
- Distance
- Rockhampton

### Attendance Requirements

All on-campus students are expected to attend scheduled classes - in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

### Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

## Class and Assessment Overview

### Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

### Class Timetable

#### [Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

#### [Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

### Assessment Overview

#### 1. **Practical and Written Assessment**

Weighting: 50%

#### 2. **Written Assessment**

Weighting: 50%

### Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

## CQUniversity Policies

**All University policies are available on the [CQUniversity Policy site](#).**

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from Have Your Say

##### Feedback

Textbook

##### Recommendation

retain textbook due to excellent sections that match the progressive nature of the course.

## Unit Learning Outcomes

### On successful completion of this unit, you will be able to:

1. Connect lifespan developmental theories to the nursing care of individuals and families.
2. Within a nursing context apply lifespan developmental theories to inform strategies for health promotion and illness prevention to support individuals and families.
3. Use the principles of cultural awareness to develop strategies to communicate effectively with individuals and families.

The Learning outcomes are linked to the Australian Nursing & Midwifery Accreditation Council (ANMAC) Standards for registered nurses and the Nursing and Midwifery Board of Australia (NMBA) registered nurse practice.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
<b>1 - Practical and Written Assessment - 50%</b>	•	•	•
<b>2 - Written Assessment - 50%</b>	•	•	•

### Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes		
	1	2	3
<b>1 - Communication</b>	•	•	•
<b>2 - Problem Solving</b>	•	•	•
<b>3 - Critical Thinking</b>	•	•	•

Graduate Attributes	Learning Outcomes		
	1	2	3
4 - Information Literacy	•	•	
5 - Team Work			
6 - Information Technology Competence	•	•	
7 - Cross Cultural Competence	•	•	•
8 - Ethical practice	•	•	•
9 - Social Innovation			
10 - Aboriginal and Torres Strait Islander Cultures			

## Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Practical and Written Assessment - 50%	•	•	•	•		•	•	•		
2 - Written Assessment - 50%	•	•	•	•		•	•	•		

## Textbooks and Resources

### Textbooks

NURS11157

#### Prescribed

#### Health & Human Behaviour

Edition: 3rd (2012)

Authors: Jones D & Creedy K

Oxford

South Melbourne , VIC , Australia

ISBN: 978 0 19 557725

Binding: Hardcover

#### Additional Textbook Information

Students require ongoing access to this text for the entire unit. All Quizzes relate to material from the prescribed edition. Please ensure you have the correct edition of this text. An e-version of this text is also available.

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

**You will need access to the following IT resources:**

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Katrina Lane-Krebs** Unit Coordinator

[k.lane-krebs@cqu.edu.au](mailto:k.lane-krebs@cqu.edu.au)

## Schedule

### Week 1 - 06 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
The Big Picture: What is Health?	Chapter 1	

### Week 2 - 13 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Models of care provision, reactions and impacts	Chapter 4, 5 & 6	

### Week 3 - 20 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Socialisation, influence & inequalities	Chapter 7, 8, 9 & 14	

### Week 4 - 27 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Childhood stage of the lifespan	Chapter 2 (pp. 20- 29) Chapter 4 (p. 58)	

### Week 5 - 03 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Adolescence stage of the life span	Chapter 2 (pp. 30-39) Chapter 10	<b>Week 5: ASSESSMENT: Quiz A</b> (textbook readings from weeks 1-2-3) (chapters 1,4,5,6 & 8 and random questions relating to previous chapters) <b>OPENS</b> 3 April 2017 <b>CLOSES</b> 10 April 2017

### Vacation Week - 10 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
VACATION		

### Week 6 - 17 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Introduction Young adulthood	Chapter 3 & 4 Specific attention: Emotional intelligence Ch.2 (p. 29) Fluid intelligence Ch. 3 (p. 38) Crystallised intelligence Ch. 3 (p. 39) Risky behaviours Ch. 4 (pp. 54-58; 94-98)	<b>Week 6: ASSESSMENT: Quiz B</b> (textbook readings from weeks 4-5) (chapters 7,9,2,3 and random questions relating to previous chapters) <b>OPENS</b> 17 April 2017 <b>CLOSES</b> 24 April 2017

### Week 7 - 24 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Middle Adulthood	Chapter 3 (pp. 35- 39)	

**Week 8 - 01 May 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Older Adults	Chapter 3 (pp. 39-47)	<b>Week 8: ASSESSMENT: Quiz C</b> (textbook readings from weeks 6-7-8 (chapters 10, 11, 12 & 13 and random questions relating to previous chapters) <b>OPENS</b> 1 May 2017 <b>CLOSES</b> 8 May 2017

**Week 9 - 08 May 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Understanding pain, stress, trauma & coping	Chapters 4, 11, 12 & 13	

**Week 10 - 15 May 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Health promotion and illness prevention	Chapter 16	<b>Week 10: ASSESSMENT: Quiz D</b> (textbook readings from weeks 9, 10 & 11) (chapters 14 & 16 and random questions relating to previous chapters) <b>OPENS</b> 15 May 2017 <b>CLOSES</b> 22 May 2017

**Week 11 - 22 May 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Health literacy & Inequalities	Chapter 15	<b>Week 11: ASSESSMENT: Written Assessment -Essay Due: 4pm Friday 26th May 2017 (On-line submission)</b>

**Week 12 - 29 May 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Reflections, self-care & wellness	Chapter 15 (p. 277) Chapter 5 (pp. 81-83)	<b>Week 12: ASSESSMENT: Quiz E</b> (textbook readings from weeks 1-11) (chapters 1-16) <b>OPENS</b> 29 May 2017 <b>CLOSES</b> 5 June 2017

**Review/Exam Week - 05 Jun 2017**

Module/Topic	Chapter	Events and Submissions/Topic
There is NO examination scheduled for this unit		

**Exam Week - 12 Jun 2017**

Module/Topic	Chapter	Events and Submissions/Topic
There is NO examination scheduled for this unit		

## Term Specific Information

Students are required to have access to the prescribed textbook for this unit. All progressive assessment items relate to the prescribed edition of the textbook.

## Assessment Tasks

### 1 Assessment Item 1 Progressive Assessment: Online Quizzes

**Assessment Type**

Practical and Written Assessment

## Task Description

### Task Description: Progressive assessments are in the form of on-line quizzes.

- This assessment item consists of multiple choice questions.
- There are 20 questions per quiz.
- There is a 2 hour time limit per quiz and students will have only ONE attempt at each quiz.
- Each Quiz has a Weighting of 10% making a total Weighting of 50%.
- All questions relate to the material covered in the set text.
- Questions will require understanding of terms and concepts including the ability to critically analyse and apply the theoretical concepts to scenario situations.
- This is an OPEN BOOK assessment. Please note this is ONE assessment composed of five parts.

## Assessment Due Date

Quiz A OPENS 3 April 2017 CLOSES 10 April 2017 Quiz B OPENS 17 April 2017 CLOSES 24 April 2017 Quiz C OPENS 1 May 2017 CLOSES 8 May 2017 Quiz D OPENS 15 May 2017 CLOSES 22 May 2017 Quiz E OPENS 29 May 2017 CLOSES 5 June 2017

## Return Date to Students

Quizzes: Immediate indication of the number of correct responses will be available via Moodle. In accordance with policy: Any marks and/or grades for assessments released to students prior to Certification of Grades are provisional, and are subject to moderation and confirmation through the relevant Program and Divisional Assessment Committees. No examination marks will be released until after the process of moderation and certification of grades. All confirmed assessment marks, including final assessment and examination marks, will be made available to students after final grades have been published.

## Weighting

50%

## Assessment Criteria

### Quiz questions will cover material from the prescribed text.

**Week 5: ASSESSMENT: Quiz A** (textbook readings from weeks 1-2-3) (chapters 1,4,5,6 & 8 and random questions relating to previous chapters) **OPENS** 3 April 2017 **CLOSES** 10 April 2017

**Week 6: ASSESSMENT: Quiz B** (textbook readings from weeks 4-5) (chapters 7,9,2,3 and random questions relating to previous chapters) **OPENS** 17 April 2017 **CLOSES** 24 April 2017

**Week 8: ASSESSMENT: Quiz C** (textbook readings from weeks 6-7-8 (chapters 10, 11, 12 & 13 and random questions relating to previous chapters) **OPENS** 1 May 2017 **CLOSES** 8 May 2017

**Week 10: ASSESSMENT: Quiz D** (textbook readings from weeks 9, 10 & 11) (chapters 14, 15 & 16 and random questions relating to previous chapters) **OPENS** 15 May 2017 **CLOSES** 22 May 2017

**Week 12: ASSESSMENT: Quiz E** (textbook readings from weeks 1-11) (chapters 1-16) **OPENS** 29 May 2017 **CLOSES** 5 June 2017

## Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

## Submission

Online

### Submission Instructions

Quizzes are accessed through the unit Moodle site for NURS11157

### Learning Outcomes Assessed

- Connect lifespan developmental theories to the nursing care of individuals and families.
- Within a nursing context apply lifespan developmental theories to inform strategies for health promotion and illness prevention to support individuals and families.
- Use the principles of cultural awareness to develop strategies to communicate effectively with individuals and families.

### Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

## 2 Assessment Item 2 — Essay

### Assessment Type

Written Assessment

### Task Description

<b>Due date:</b>	Monday Written Assessment Due End of Week 11 ( Friday 26 <sup>th</sup> May 2017) (4:00 PM AEST(Australian Eastern Standard Time)	<b>ASSESSMENT</b>
<b>Weighting:</b>	50%	<b>2</b>
<b>Length:</b>	Individual Essay: 2000 words	

### Details

This is an **INDIVIDUAL** assessment task. This assessment item requires students to compose an essay using information from the scenarios provided. Students select **ONE** of three offered scenarios (located on the unit Moodle site). The essay requires students to link the theory, terms and concepts encountered throughout NURS11157 explain and analyse the behaviour, thoughts and perceptions of the selected client. It is essential to remember the focus of the assessment item is on the **behaviour, thoughts and perceptions** of the client not the health condition.

The essay - case study must include:

- title/cover page
- abstract
- table of contents
- introduction
- discussion
- conclusion
- reference list

The essay - case study is divided into parts and students are encouraged to use headings throughout the paper to provide structure- the Discussion Sections may be used as a heading.

The case study is divided into parts and students are encouraged to use headings throughout the paper to provide structure- the Discussion Sections may be used as a heading.



Discussion Sections

Suggested topic areas to be considered may include:

Introduction to the client

**Who is the client? Identify the health concern. What model of Health care is apparent.**

Factors affecting health decisions and behaviour

**Making health decisions The impact of social influences and inequalities in making decisions about health**

Psycho-physiological aspects of health

**Relationship between emotions and health - stress and stress management. Identify types of behavioral responses that are evident.**

Prevention of illness and promotion of health

**Illness prevention & Health promotion impacts - propose an intervention to benefits your clients situation**

**Assessment Due Date**

Friday 26th May 2017 at 4.00PM (Australian Eastern Standard Time)

**Return Date to Students**

In accordance with policy: Any marks and/or grades for assessments released to students prior to Certification of Grades are provisional, and are subject to moderation and confirmation through the relevant Program and Divisional Assessment Committees. No examination marks will be released until after the process of moderation and certification of grades. All confirmed assessment marks, including final assessment and examination marks, will be made available to students after final grades have been published.

**Weighting**

50%

**Assessment Criteria**

Marking Criteria - Case Study NURS11157 Case Study - Essay

Student name: Student Number:

HD	D	C	P	F	Marks
<b>Structure -15%</b>					
Excellent presentation of assignment with inclusion of all correct components, double line spaced, 12 point font, page numbers, title page, well-structured academic abstract and a contents page. Consistently accurate with spelling, grammar and paragraph structure.	Well-presented assignment, double line spaced, 12 point font, page numbers, title page, concise abstract and a contents page, 1 or 2 error in spelling, grammar or paragraph structure.	Well-presented assignment, double line spaced, 12 point font, page numbers, title page, abstract and a contents page, 3 or 4 consistent errors with spelling, grammar or paragraph structure	Adequate assignment presentation, double line spaced with 12 point font. No abstract or contents page included or page numbers, title page, 4 to 7 consistent errors with spelling, grammar or paragraph structure.	Poorly presented assignment. Double line spacing, page numbers or 12 pt font not used. no abstract, table of content. Many inaccuracies in spelling, grammar or paragraph structure.	/15
Clear and succinct introduction that introduces the topic and outlines the direction of the paper. Clear and succinct conclusion that provides closure to the topic and outlines final direction of the paper.	Clear and appropriate introduction that introduces the topic and outlines the direction of the paper. Clear and appropriate closure to the topic and outlines the final direction of the paper.	Appropriate introduction that introduces the topic and outlines the direction of the paper. Appropriate conclusion to the topic and somewhat outlines the final direction of the paper.	Introduction is apparent although consists only of a list of the contents of the paper. Topic not clearly introduced. Conclusion is apparent although consists of only a brief closure of the topic. Topic not clearly concluded.	No recognizable introduction— the topic is not introduced and/or there is no direction offered in respect of the paper. No recognizable conclusion.	
Organisation and structure is clear and easy to follow. Well-developed paraphrased definitions are provided. Discussion is exceptionally well linked to supporting literature.	Organisation and structure is clear. Paraphrased definitions are provided. Supporting literature is used appropriately to support discussion.	Organisation and structure is appropriate. Definitions are provided and demonstrate efforts to paraphrase. Minimal omissions in links to supporting literature.	Organisation and structure allows misinterpretation of the meaning of the content. Definitions are frequently omitted or presented only as direct quotes and not fully explained. Frequent omissions in links to supporting literature leaving the discussion unsupported.	Organisation and structure detract from the meaning of the content. There is a lack of cohesion. Little to no links to supporting literature.	
<b>Approach and Argument (70%)</b>					

Content is clearly relevant to the topic. The approach comprehensively links the theory, terms and concepts from the course to the selected scenario and the discussion proceeds logically.	Content is relevant to the topic. The approach links the theory, terms and concepts from the course to the selected scenario and the discussion proceeds logically.	Content is appropriate. The approach links the theory, terms and concepts from the course to the selected scenario and the discussion for the most part proceeds logically.	Content make an attempt to link theory, terms and concept from the course to the selected scenario although the argument is at times repetitive or lacks cohesion.	Content does not address all aspects of the assessment task. Inadequate linking of theory, terms and concepts from the course to the selected scenario. Little or no discernible critical thought is evident.	/ 35
Comprehensively includes a detailed discussion of introduction to the client and model of health, factors affecting health decisions and behaviour, psycho-physiological-social aspects of health, prevention of illness and promotion of health with clear, coherent and convincing critical thought displayed.	Extensively includes a thorough discussion of introduction of the client and models of health, factors affecting health decisions and behaviour, psycho-physiological-social aspects of health, prevention of illness and promotion of health with well-developed critical thought evident.	Generally includes a reasonable discussion of introduction to the client and models of health, factors affecting health decisions and behaviour psycho-physiological- social aspects of health, prevention of illness and promotion of health with emerging critical thought developed and presented.	Demonstrates a limited discussion of introduction to the client and models of health, factors affecting health decisions and behaviour, psycho-physiological-social aspects of health, prevention of illness and promotion of health with some perceptible critical thought.	Not able to provide a discussion of introduction to the client, factors affecting health decisions and behaviour, psycho-physiological- social aspects of health, prevention of illness and promotion of health.	/35
<b>Referencing - 15%</b>					
Consistently accurate with in-text referencing to support and reflect all ideas, factual information and quotations.	1 or 2 consistent in-text referencing errors identified to support and reflect all ideas, factual information and quotations.	3 or 4 consistent in-text referencing errors identified to support and reflect all ideas, factual information and quotations.	3 or 4 inconsistent in-text referencing errors identified to support and reflect all ideas, factual information and quotations.	Referencing is not consistent with APA style. Many inaccuracies with in-text referencing to support and reflect all ideas, factual information and quotations.	/15
A minimum of 10 up-to-date using a variety of up-to-date journal articles as well as relevant books and web sites.	A minimum of 9 references using a variety of journal articles as well as relevant books and web sites.	A minimum of 8 references used including journal articles as well as relevant books and web sites.	A minimum of 7 references used including including journal articles as well as relevant books and web sites.	The required number of 7 references not used journal articles not sourced. Relevant web sites not used.	
Reference list appears in alphabetical order and fully adheres to reference list presentation guidelines APA style.	Reference list appears in alphabetical order and consistently adheres to reference list presentation guidelines APA style.	Reference list appears in alphabetical order and frequently adheres to reference list presentation guidelines APA style.	Reference list appears in alphabetical order and occasionally adheres to reference list presentation guidelines APA style.	Reference list appears in no alphabetical order and does not adhere to reference list presentation guidelines APA style.	
				Total Marks	

Marker :

Comments:

## Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

## Submission

Online

## Submission Instructions

Please do NOT upload PDF or Pages (Mac) . Acceptable formats include RTF, .doc, .docx

## Learning Outcomes Assessed

- Connect lifespan developmental theories to the nursing care of individuals and families.

- Within a nursing context apply lifespan developmental theories to inform strategies for health promotion and illness prevention to support individuals and families.
- Use the principles of cultural awareness to develop strategies to communicate effectively with individuals and families.

### **Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

## Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

### **What is a breach of academic integrity?**

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

### **Why is academic integrity important?**

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

### **Where can I get assistance?**

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

### **What can you do to act with integrity?**



**Be Honest**

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



**Seek Help**

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



**Produce Original Work**

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem