



North Central State College

MASTER SYLLABUS

2025-2026

- A. Academic Division: Health Sciences
- B. Discipline: Baccalaureate of Science Nursing
- C. Course Number and Title: RNUR3020 Health Assessment and Promotion
- D. Assistant Dean: Heidi Kreglow, PT
- E. Credit Hours: 4
- F. Pre-requisite(s): Acceptance into the BSN program
- G. Last Course/Curriculum Revision Date: Fall 2023 Origin date: 8/21/2022
- H. Textbook(s) Title:
- I. Workbook(s) and/or Lab Manual:
- J. Course Description: This course reviews and further develops the fundamental skills for meaningful communication and assessment skills needed to draw inferences from collected data and identify health promotion interventions for health issues. Specific skills for the nurse to communicate attention to the 'whole' patient and conveying a sense of true caring will be discussed, practiced, and evaluated.
- K. College-Wide Learning Outcomes:

College-Wide Learning Outcome	Assessments - - How it is met & When it is met
Communication – Written	
Communication – Speech	
Intercultural Knowledge and Competence	
Critical Thinking	
Information Literacy	
Quantitative Literacy	

- L. Course Outcomes and Assessment Methods:

Upon successful completion of this course, the student shall:

Outcomes	Assessments – How it is met & When it is met
1. Identify the historical changes in health care related to health assessment and promotion.	Discussion board, midterm exam.
2. Describe the components of a holistic approach to health assessment and promotion.	Discussion board.

Outcomes	Assessments – How it is met & When it is met
3. Identify your own baseline in terms of the areas of health assessment including comprehensive and focused physical, behavioral, psychological, spiritual, socioeconomic and environmental health and illness parameters.	Reflection journal.
4. Plan a personal health analysis for yourself.	Reflection journal.
5. Outline the barriers to patient acceptance of health promotion.	Health promotion change poster presentation.
6. Create a health promotion plan.	Health promotion case study.
7. Synthesize best practices in health promotion to target a specific health issue.	Health promotion change poster presentation, final exam.

M. Recommended Grading Scale:

NUMERIC	GRADE	POINTS	DEFINITION
93–100	A	4.00	Superior
90–92	A-	3.67	Superior
87–89	B+	3.33	Above Average
83–86	B	3.00	Above Average
80–82	B-	2.67	Above Average
77–79	C+	2.33	Average
73–76	C	2.00	Average
70–72	C-	1.67	Below Average
67–69	D+	1.33	Below Average
63–66	D	1.00	Below Average
60–62	D-	0.67	Poor
00–59	F	0.00	Failure

N. College Procedures/Policies:

North Central State College believes that every student is a valued and equal member of the community.* Every student brings different experiences to the College, and all are important in enriching academic life and developing greater understanding and appreciation of one another. Therefore, NC State College creates an inclusive culture in which students feel comfortable sharing their experiences. Discrimination and prejudice have no place on the campus, and the College takes any complaint in this regard seriously. Students encountering aspects of the instruction that result in barriers to their sense of being included and respected should contact the instructor, assistant dean, or dean without fear of reprisal.

- *Inclusive of race, color, religion, gender, gender identity or expression, national origin (ancestry), military status (past, present or future), disability, age (40 years or older), status as a parent during pregnancy and immediately after the birth of a child, status as a parent of a young child, status as a foster parent, genetic information, or sexual orientation*

Important information regarding College Procedures and Policies can be found on the syllabus supplement located at

<https://ncstatecollege.edu/documents/President/PoliciesProcedures/PolicyManual/Final%20PDFs/14-081b.pdf>



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MASTER SYLLABUS
2025-2026

- A. Academic Division: Health Sciences
- B. Discipline: Baccalaureate of Science Nursing
- C. Course Number and Title: RNUR3020 Health Assessment and Promotion
- D. Course Coordinator:
Assistant Dean: Leesa Cox, MBA, PTA

Instructor Information:

- Name: Anna Plank
 - Office Location: HS 232
 - Office Hours: Wednesdays 1pm-3pm in
HS 232. Other availability by
appointment
 - Phone Number: 419-755-4892
 - E-Mail: aplank@ncstatecollege.edu
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Credit Hours: 4

F. Pre-requisite(s): Acceptance into the BSN program

G. Syllabus Effective Date: Fall, 2024

H. Textbook(s) Title:

OER resources:

Title: *Health Education*

- Authors: College of the Canyons
- Copyright Year: 2018
- Publisher: Open Textbook Library
- OER Link: <https://open.umn.edu/opentextbooks/textbooks/health-education>Links to an external site.

Title: *Holistic Nursing and Culture: Body, Mind, and Spirit*

- Authors: Nancyruth Leibold
- Copyright Year: 2021
- Publisher: Creative Commons Platform
- OER Link: <https://www.oercommons.org/courses/holistic-nursing-and-culture-body-mind-and-spirit/view>

Title: *The Complete Subjective Health Assessment*

- Authors: Creative Commons Platform
- Copyright Year: 2019
- Publisher: Open Library Publishing Platform – Pressbooks for Ontario's Postsecondary Educators
- OER Link: <https://ecampusontario.pressbooks.pub/healthassessment/>

Title: *Disease Prevention and Healthy Lifestyles*

- Authors: Tina DiGregorio, Monroe Community College
- Copyright year: ND
- Publisher: Creative Commons Attribution, Achieving the Dream OER Course Library
- OER Link: <https://library.achievingthedream.org/monroecchealthed/>

Title: *Nursing: Mental Health and Community Concepts*

- Authors: Open Resources for Nursing (Open RN)
- Copyright year: ND
- Publisher: Creative Commons Attribution
- OER Link: <https://www.oercommons.org/courses/nursing-mental-health-and-community-concepts/view>

Title: *Transitions to Professional Nursing Practice*

- Authors: Jamie Murphy, SUNY Delhi
- Copyright year: 2020
- Publisher: Creative Commons Attribution
- OER Link: <https://courses.lumenlearning.com/suny-delhi-professionalnursing/>

Workbook(s) and/or Lab Manual:

- J. Course Description: This course reviews and further develops the fundamental skills for meaningful communication and assessment skills needed to draw inferences from collected data and identify health promotion interventions for health issues. Specific skills for the nurse to communicate attention to the 'whole' patient and conveying a sense of true caring will be discussed, practiced, and evaluated.

- K. College-Wide Learning Outcomes:

College-Wide Learning Outcome	Assessments - - How it is met & When it is met
Communication – Written	Discussion board posting- weeks 1, 2, 4, 6 Reflection journal- weeks 3 & 4
Communication – Speech	Video reflection- 4, EBP health promotion final- week 8
Intercultural Knowledge and Competence	Case-study promotion- week 5
Critical Thinking	Case-study promotion plan- week 5
Information Literacy	Needs assessment midterm- week 3
Quantitative Literacy	EBP health promotion final- week 8

- L. Course Outcomes and Assessment Methods:

Upon successful completion of this course, the student shall:

Outcomes	Assessments – How it is met & When it is met
1. Identify the historical changes in health care related to health assessment and promotion.	Discussion board- week 1 & 6
2. Describe the components of a holistic approach to health assessment and promotion.	Discussion board, Reflection journal -week 2
3. Identify your own baseline in terms of the areas of health assessment including comprehensive and focused physical, behavioral, psychological, spiritual, socioeconomic and environmental health and illness parameters.	Needs Assessment - midterm assignment week 3
4. Plan a personal health analysis for yourself.	Reflection journal- week 2, Needs assessment- midterm assignment week 3
5. Outline the barriers to patient acceptance of health promotion.	Discussion board, Video Reflection- week 4
6. Create a health promotion plan.	Health promotion case study- week 5
7. Synthesize best practices in health promotion to target a specific health issue.	EBP Health promotion final- week 7 & 8

M. Topical Timeline (Subject to Change):

Weeks	Topics	Due Date
1	History of Health Promotion	8/11-8/15
2	Holistic Nursing Care	8/18-8/22
3	Holistic Physiology	8/25-8/29
4	Barriers to Health Promotion and Disease Prevention	9/1-9/5
5	Health Promotion Case Study	9/8-9/12
6	Health Intervention Planning	9/15-9/19
7	Nursing Role in Health Assessment & Promotion	9/22-9/26
8	Evidence Based Practice in Health Promotion	9/29-10/3

N. Course Assignments:

1. Discussion board
2. Evidence-Based Practice Health promotion presentation
3. Health promotion case study
4. Reflection journal
5. Midterm assignment
6. Final assignment

<u>Theory</u>	<u>Quantity</u>	<u>Points</u>	<u>Weight on Final Grade</u>
Video submission	2	30	10%
Discussion posts	4	48	17%
Reflective journal	1	20	8%
Midterm paper- Individual Needs Assessment	1	50	18%
Case Study	1	35	12%
Final- Evidence Based Practice presentation	1	100	35%

O. Recommended Grading Scale:

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60–62	D-	0.67	Poor
00–59	F	0.00	Failure

P. Grading and Testing Guidelines:

1. Grading will be based on a point scale and adhere to the rubric aligned with each assignment.

Q. Examination Policy:

1. The reasons for which a student will be excused from taking an examination at the appointed time are:
 - a. Hospitalization (with documented verification)
 - b. Death in the immediate family (with documented verification)
 - c. Personal illness or illness in immediate family – (doctor's excuse required).
2. A student who misses an examination for any reason is responsible for notifying the instructor prior to the exam, if possible, and to make arrangements for making it up. The student will have five (5) calendar days from the date of the exam to schedule a make-up exam. The make-up test will cover the designated outcomes; however, it may consist of a different format and different questions. If the instructor is not notified regarding a missed exam within the allotted time the student will receive an automatic zero (0) on the exam. The test grade will be lowered nine (9) points if missed for reasons other than those above. For the reasons listed above, there will be no penalty for the first test make-up, but the nine (9) point penalty will hold for any following make-ups.

* See student handbook for policy regarding personal rescheduling of final exam (test).

R. Class Attendance and Homework Make-Up Policy:

1. Class attendance is necessary to acquire the knowledge required to function properly and safely as a nurse. When class is missed, much important information is missed that cannot be obtained from other sources. As a result, the student suffers (less knowledge, lower test scores) and, ultimately, the patient suffers (as the nurse's knowledge and skills are lessened.) In addition, future employers look with disfavor on those whose attendance is sporadic and/or unreliable. For these reasons, class attendance is important, necessary and will be taken at all classes.

2. All written assignments are to be submitted according to the following guidelines:
 - a. Assignments must be written using proper paragraph and sentence construction, grammar, and spelling. If there are more than three errors, the assignment may be returned to the student to be corrected and turned in again before any grade is assigned.
 - b. All written assignments are to be submitted on the designated date. Written assignments graded "S" or "U" must be turned in on time or will not be accepted and an automatic "U" will be given for the assignment. Any extension of time for assignments will be determined by the faculty in accordance to circumstances. (See Student Handbook for Written Assignment Policy.)

S. Classroom Expectations:

1. The student must be able to display a professional attitude and behavior: reliability, respect for and cooperation with colleagues, willingness to work calmly and courteously under difficult conditions, determination to achieve first class work while meeting deadlines, respect for equipment and systems, and constructive response to criticism.
2. Students in **RNUR 3020** are responsible for the mandatory course requirements listed in the student handbook.
3. See the BSN Student Handbook to note the specific nursing requirements for science courses.
4. Students will be expected to prepare for all classes, laboratory, and assigned clinical experiences.
5. Each student will submit completed physical examination and x-ray forms, completed felony forms, completed student handbook forms, and current CPR certificates prior to the practicum experience.
6. Students must have satisfactory achievement of all mandatory course outcomes.
7. Students are advised to inform the course coordinator of any special conditions (physical, mental, or learning disability) that will require special accommodation on the first day of the quarter following class.
8. If students have any specific difficulties with the course, they are encouraged to contact the course faculty.
9. Faculty in consultation with the course coordinator have the prerogative to modify the course syllabus, if necessary.
10. Students are invited to attend faculty meetings on a space available basis. Students are not allowed to sit in on the closed sessions where confidential student information is discussed but are encouraged to join faculty to look at specific program policies and the nursing curriculum. Faculty meetings are usually held every other Wednesday from 8:00 a.m. to 10:00 a.m. Students who wish to attend a meeting should coordinate this with the NC State Chapter of the National Student Nurse Association and should notify the Director of Nursing Programs prior to the meeting.
11. Cell phones, pagers and other electronic devices are to be turned off during all classes and labs. Cell phones, pagers, or any other electronic communication devices are not permitted at clinical sites (unless instructed by clinical faculty) or during any testing.
12. Student laptops and tablets may be used during class to assist with note taking and classroom work. Any other use is not permitted and will result in this permission being rescinded.
13. Hats/hoods are not permitted to be worn during any testing or at the clinical sites.
14. Classroom Conduct: all students are expected to demonstrate professional and respectful behavior and use language appropriate for the classroom learning experience.

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