

Course Code: NUR 113

Course Title: Nursing Health Assessment

Department: Nursing

Effective Date: Summer 2026

PCS Code: 1.2 - Occupational/Technical Instruction

CIP Code: 51.3801

Repeatability: 0

Credit Hours

Catalog Notation: 2-3-3

Credit Hour Distribution:

Lecture: 2

Lab: 3

Clinical: 0

Total: 3

General Course Information

Catalog Description

Introduction to health assessment with focus on physical assessment, health history, and communication/documentation.

General Course Objectives

Upon completion of this course, the student will be able to demonstrate knowledge and competency in adult health assessment including the performance of physical assessment, comprehensive health history interview, and assessment communication and documentation. Student will recognize and document normal and abnormal findings.

Minimum Placement Levels

English	Reading	Math
Placement out of ENG 099	Placement out of CCS 099	Placement out of MAT 072

Prerequisites

Credit or concurrent enrollment in ENG 101 and BIO 121

Admission into the Nursing program

Methods of Evaluation

3-5 objective quizzes, subjective data collection assignment, performance of head to toe patient assessment physical exam, performance of abbreviated patient assessment physical exam, vital signs skills check-off, and midterm and final examination.

Instructional Materials and Additional Supplies

Health Assessment in Nursing, 7th Edition, Weber, Janet and Kelley, Jane. Published 2021 by Wolters Kluwer Health. Required. 9781975161156

Mosby's Dictionary of Medicine, Nursing and Health Professions, 11th Edition, Mosby, 2021, St. Louis, C.V. Mosby. Optional. 9780323639149

Course Content

General Learning Outcomes (GLOs)

- Communication: Students will demonstrate the ability to read, write, listen, and speak effectively.
- Critical Thinking and Information Literacy: Students will demonstrate the ability to evaluate perspectives, evidence, and implications, and to locate, assess, and use information effectively.
- Global Awareness and Cultural Reasoning: Students will demonstrate their understanding of global issues, gender and sexual orientation, and multicultural perspectives.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Introduction to Nursing Health Assessment, Nursing Process, Clinical Judgement, Nursing Client Relationship, Communication, and Documentation	1. Demonstrate knowledge of the basic parts of the nursing process. 2. Demonstrate knowledge of subjective and objective data collected in a nursing health assessment. 3. Demonstrate knowledge of the assessment techniques used in a physical assessment. 4. Demonstrate knowledge of factors that affect communication, characteristics of verbal and non-verbal communication, and various communication techniques. 5. Demonstrate knowledge and skill of the nursing interview. 6. Demonstrate knowledge of various methods to document assessment findings. 7. Identify pertinent history data included in a complete health history. 8. Demonstrate knowledge and skill of collection of complete health history on a classmate. 9. Demonstrate knowledge of types of pain syndromes. 10. Demonstrate knowledge of factors that influence pain perception and physiologic responses to pain. 11. Demonstrate knowledge of pain assessment and documentation.	7	9	0
Vital Signs	1. Prepare the patient for measurement of vital signs. 2. Interview the patient for a subjective perception of their vital signs. 3. Measure vital signs using correct technique and correct modifications as needed. 4. Differentiate between normal and abnormal findings in vital signs. 5. Analyze vital signs data to make accurate clinical judgments.	2	3	0
Assessment of Each of the Following Body Systems: skin, hair, and nails; lungs and thorax; cardiovascular/peripheral vascular, abdomen, musculoskeletal, neurological, head, face, neck, mouth, throat, nose and sinus, eyes and ears, male and female genital-urinary, anus, rectum and prostate, breast and lymphatic	1. Demonstrate knowledge of pertinent health history questions. 2. Demonstrate knowledge of developmental and cultural variations. 3. Define medical terminology specific to body systems. 4. Perform a history and physical assessment on a partner. 5. Demonstrate knowledge and skill of documentation of pertinent findings.	17	27	0

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Nutritional Assessment	1. Demonstrate knowledge of dietary guidelines. 2. Demonstrate knowledge of types of malnutrition, eating disorders, common food allergens, and signs and symptoms of allergy to foods. 3. Demonstrate knowledge and skill of nutritional assessments and documentation of findings. 4. Perform a head to toe assessment on partner.	2	3	0
Spiritual Assessment, Cultural Assessment	1. Define the terms of culture and spirituality and discuss their relationship to the health of an individual. 2. Demonstrate knowledge of cultural and spiritual assessments. 3. Demonstrate knowledge and skill of data collection of complete health history on a classmate.	2	3	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
30	45	0