



**N1 Behavioral Foundations in Health and Illness**  
**SOCIOLOGY PORTION**  
**1st Semester AY 2023-2024**

**COURSE GUIDE**

**DESCRIPTION**

Being a competent and compassionate nurse requires understanding human behavior from a variety of perspectives. Nursing practice uses many concepts and principles derived from the disciplines of anthropology, psychology and sociology.

The first part of the course will focus on sociology – the study of behavior of people in groups, social institutions, and mass movements. As a future nurse, you will be working with different individuals, families, communities, population groups and institutions. With technological advancement, increasing urbanization, globalization, climate change and uncertain times, sociology is crucial for nurses more than ever. It helps us better understand human behaviors in health and illness. Sociological perspectives and tools are used by nurses to design/plan appropriate interventions and provide excellent nursing care to different clients in a variety of settings and situations.

This portion of N1 aims to equip you with essential sociological knowledge, skills and attitudes in preparation for advanced nursing courses.

**LEARNING OUTCOMES**

After completing this part of the course, you should be able to:

1. Discuss the relevant contribution of social thinkers in the development of Sociology
2. Explain the different sociological perspectives in the study of human society and social interaction
3. Discuss the different tools and methods to investigate social patterns and human behavior
4. Discuss the contributions of Sociology to the understanding of health and illness behavior
5. Appreciate the role of culture and society in influencing the everyday lives of human populations
6. Discuss the social institutions which satisfy the needs of human society, the issues and problems besetting each institution and the effects on people's behavior and their everyday living
7. Explain the components of social structure
8. Explain the concepts of deviance and social control
9. Describe the patterns of inequality expressed in terms of class, race ethnicity, sex and gender and age with focus on the Philippines

10. Demonstrate awareness of people's struggles and resistance movements waged to bring about social change
11. Apply sociological perspectives in analyzing and addressing the issues and problems affecting society.

## **COURSE OUTLINE**

### **I. Overview of Sociology**

- A. Sociology vs. Anthropology and Psychology
- B. Sociology as a science
- C. Relevant social thinkers
- D. Major sociological perspectives
- E. Methods and tools to investigate social patterns and human behavior
- F. Contributions of sociology to understanding health and illness
- G. Influence of culture and society to everyday life

### **II. Social Institutions and Social Structure**

- A. Social Institutions
  1. Family
  2. Education
  3. Economy
  4. Government/State
  5. Mass media
  6. Religion
  7. Health care
- B. Social Structure and Social Control
  1. Components of Social Structure
  2. Groups and Organizations
  3. Deviance and Social Control
- C. Social Division and Inequalities
  1. Class
  2. Race/ethnicity
  3. Sex and gender
  4. Age
- D. Social Movements and Social Change

### **III. Social Issues**

- A. Poverty
- B. Food Insecurity and Malnutrition
- C. Disasters and Climate Change
- D. Conflict, Violence and Internal Displacement
- E. War on Drugs
- F. Graft and Corruption
- G. COVID-19 Pandemic
- H. Anti-Terror Law
- I. Overseas Employment and Migration
- J. SOGIE Bill and Gender Inequality
- K. Fake News and Spread of Disinformation

### **IV. Integration**

## COURSE SCHEDULE

### Sociological Foundations

August 22, 29

September 5, 12, 19, 26

October 3

DATE	Topics	Learning Resources
<p><b>August 22/29 2023</b></p>	<p><b>General Course Orientation for N1</b></p> <p>Orientation for N1 Sociology portion</p> <p>I. Overview of Sociology</p> <ul style="list-style-type: none"> <li>A. Sociology vs. Anthropology and Psychology</li> <li>B. Sociology as a science</li> <li>C. Relevant social thinkers</li> <li>D. Methods and tools to investigate social patterns and human behavior</li> <li>E. Contributions of sociology to understanding health and illness</li> <li>F. Influence of culture and society to everyday life</li> </ul>	<p>N1 Course Syllabus</p> <p>N1 Socio Course Guide</p> <p>Recommended reading/ audio-visual materials</p>
<p><b>September 5, 2023</b></p>	<p>II. Social Institutions and Social Structure</p> <ul style="list-style-type: none"> <li>A. Social Institutions               <ul style="list-style-type: none"> <li>1. Family</li> <li>2. Education</li> <li>3. Government/State</li> <li>4. Economy</li> <li>5. Mass media</li> <li>6. Religion</li> <li>7. Health care</li> </ul> </li> </ul>	<p>Recommended reading/ audio-visual materials</p>

DATE	Topics	Learning Resources
<b>September 12, 2023</b>	II. Social Institutions and Social Structure (Continuation) B. Social Structure and Social Control <ol style="list-style-type: none"> <li>1. Components of Social Structure</li> <li>2. Groups and Organizations</li> <li>3. Deviance and Social Control</li> </ol> C. Social Division and Inequalities <ol style="list-style-type: none"> <li>1. Class</li> <li>2. Race/ethnicity</li> <li>3. Sex and gender</li> <li>4. Age</li> </ol> D. Social Movements and Social Change	Recommended reading/ audio-visual materials
<b>September 19, 2023</b>	III. Social Issues <ol style="list-style-type: none"> <li>A. Poverty</li> <li>B. Food Insecurity and Malnutrition</li> <li>C. Disasters and Climate Change</li> <li>D. Conflict, Violence and Internal Displacement</li> <li>E. War on Drugs</li> <li>F. Graft and Corruption</li> </ol>	Recommended reading/ audio-visual materials
<b>September 26, 2023</b>	III. Social Issues (Continuation) <ol style="list-style-type: none"> <li>G. COVID-19 Pandemic</li> <li>H. Anti-Terror Law</li> <li>I. Overseas Employment and Migration</li> <li>J. SOGIE and Gender Inequality</li> <li>K. Fake News and Spread of Disinformation</li> </ol>	Recommended reading/ audio-visual materials
<b>October 3, 2023</b>	Integration Final Exam for Sociology	

## MODE OF DELIVERY

N1 Sociological Foundations will be delivered face-to-face, except when a shift to online mode is advised by the faculty or university/government authorities. For the most part, as a student enrolled in the course, you will be studying on your own.

Relevant resources and activities for the course will be uploaded/posted in the Virtual Learning Environment (VLE) site. This can be accessed through: <https://vle.upm.edu.ph/> and follow the instructions for logging in. Find N1 and the section on **Sociology**.

## TEACHING STRATEGIES AND LEARNING ACTIVITIES

This portion of N1 uses strategies that seek to put you and your classmates at the center of the learning process. Learning activities are designed based on this principle and are conducted in a manner that will make you engage with the course materials, your classmates (pair/group and class), and with the faculty. As the student, you are primarily responsible for your own learning. Evidence for this is demonstrated to your peers and to the faculty, through different course tasks/activities and requirements. When and where possible, the faculty planned for the course activities to be experiential/hands-on, collaborative, and interactive, to facilitate your learning and successful performance.

## ASSESSMENT STRATEGIES AND ACTIVITIES

Varied assessment strategies and activities are used to document learning achieved in this course. You will get to assess yourself, and your classmates and we will assess you as well. Though not all activities and outputs are necessarily scored and directly factored into your final grade, these are meant to facilitate learning and/or self-reflection. Thus, there are still course requirements (major processes/activities and outputs) that will be graded, using corresponding rubrics. These are concrete ways by which it will be determined how well you (and the rest of the class) have achieved the course outcomes. Much as the faculty would like for you and your classmates to simply learn and enjoy without thinking about grades, our formal educational system requires numerical grades.

### N1 SOCIO REQUIREMENTS

Class participation	20%
Quizzes	20%
Individual/Group Outputs	20%
Exam	40%
<b>TOTAL</b>	<b>100%</b>

## COURSE MATERIALS

Major recommended references for the course are the following:

1. Rice University (2017). *Introduction to Sociology 2e*. Available from: <https://openstax.org/books/introduction-sociology-2e/pages/1-introduction-to-sociology> (free download in PDF format)
2. LibreTexts (2020). *Sociology*. Available from <https://batch.libretexts.org/print/Finished/socialsci-7560/Full.pdf> (free download in PDF format)
3. University of Minnesota (2016). *Sociology: Understanding and changing the social world*. Available from <https://open.lib.umn.edu/sociology/> (free download in multiple formats)
4. Medina, B.T.G. (2015). *The Filipino family*, 3rd edition. Quezon City: University of the Philippines Press. (Available at the UP Press stores in Shopee and Lazada)

## FACULTY CONTACT INFORMATION

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Consultations by appointment: Wednesdays & Fridays, 9:00 AM-12:00 PM / 2:00 PM-4:00 PM

Non-emergency concerns will **NOT** be entertained beyond 5:00 PM during weekdays and whole Saturday-Sunday.

*Prepared by:* Asst. Prof. Kristine Joy L. Tomanan, RN, MCD  
21 August 2023

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