The University of Western Ontario
School of Health Studies

Health Sciences 1001a
Personal Determinants of Health
Mondays and Tuesdays 9:30-12:30pm
Location: HSB 35

Instructor: Dr. Courtney Newnham
Office: TBA
Office Hours: Mondays 12:30pm-1:30pm
Email: cnewnha@uwo.ca (**please include: HS 1001a in your subject line**)  

Course Overview

The purpose of the course is to introduce students to the constructs of health and wellness from a personal perspective. The course covers a range of health-related topics related to personal health and wellness, with a particular emphasis on increasing knowledge, awareness, and improving individual health. Students are expected to attend all lectures and participate in class discussions and presentations.

Course Goals and Learning Outcomes:

During this course and upon completion, you can expect to:

* Learn key concepts related to personal health and wellness
* Introduce students to health issues and concerns that face Canadians
* To gain an understanding of how personal decision making and behaviour shape our personal health
* To gain an understanding of how our personal health is shaped by social, cultural, historical, and political forces
* Enhance and expand your writing and presentation skills
* Use course concepts to explain / analyze / understand non-textbook material (i.e. films, documentaries, current events, newspaper articles etc.)

ANTIREQUISITE: The former Health Sciences 1000 or 021.

COURSE TEXT BOOK and READINGS:


The text book has been ordered by the bookstore and should be available for students prior to the course start date.
Some texts/readings will be hyperlinked on course WebCT page.

**Class Schedule and Format:**
The class consists of two lectures per week (6 hours). I will lead the lectures but encourage and expect a level of participation from students as well, mainly in terms of bringing your perspectives and ideas into our discussions. For the group project, I will assign groups and it is imperative that you remain in the group you are assigned. Class time on Tuesdays will be given to allow groups to work on their presentation.

**Evaluation:**

*Quiz (10%)*
One quiz will be administered on May 27th, 2013. This quiz will be based on the textbook. This method of evaluation is used to familiarize students with my type of multiple-choice questions prior to the mid-term. Given the amount of information exchanged in six weeks, it also serves as a way for students to keep on top of the material.

*Group Presentations (20%)*
In tutorial, students will be assigned to a group of 4-5 students. Throughout the course, students will be given the tools to research a health issue of their choice and how it affects another country other than Canada and the United States. During the last week of classes, groups will present their presentation to the class.

*Group Participation (5%)*
After your group presentation during the last week of class, you will have the opportunity to evaluate your group members’ contribution to the overall presentation. Each group member’s evaluation will be averaged and worth five-percent of his/her final grade.

*Mid-term exam (25%)*
The mid-term exam will be held on June 3rd, 2013. Room location will be provided in class. It will be multiple-choice and will cover lecture notes and readings.

*Final exam (40%)*
The final exam is cumulative, will be in mid-late June, consist of multiple-choice questions, and cover all lecture notes and all readings.

**Professor’s Responsibilities:**
- Be organized and well prepared for class
- Create a supportive learning environment
- Be available to provide additional explanation or feedback
- Actively seek students’ input in class and take students’ arguments seriously
- Return students’ assignments within a reasonable time (in most cases, 1 week) and provide feedback to help
• Assist students with developing transdisciplinary skills – critical and creative thinking and analysis, presentation skills, argument formation
• Use a variety of teaching methods and strategies to accommodate different learning styles

Student Responsibilities:
As a participant in this class, you should:
• Read and reflect upon the assigned chapter BEFORE each class
• Attend each class ready to engage with the course material
• Participate respectfully with class and/or group discussions
• Take seriously (and reflect upon) the opinions/arguments presented in your text, by your fellow students and your professor
• Thoughtfully examine everyday (‘commonsense’) ideas through a health lens

Attendance:
Regular attendance is critical as many classes will address material not found in the text and/or will involve thinking outside the book. If you miss a class, please make arrangements with another student to obtain her/his notes. For logistical reasons, films cannot be shown out of class.

Accommodation for Medical Illness or Non-Medical Absences:
The University recognizes that a student’s ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student’s overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.
A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: https://studentservices.uwo.ca/secure/index.cfm.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner.

Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student’s Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222. For more information, please see: http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf
**Policy on Laptops in Class:**
The University of Western Ontario acknowledges the integration of new technologies and learning methods into the curriculum. The use of laptop computers can contribute to student engagement and effective learning. However, the instructor may choose to limit the use of electronic devices during group discussions, active learning activities, films, and group activities.

If students are found using their laptops for anything other than taking notes or gathering research for their group project during tutorial (e.g. Facebook, TSN, Twitter, personal banking, Youtube, etc.) they will be asked to leave IMMEDIATELY. If misuse of laptops occurs during class time, laptops may be banned for the remainder of the class for ALL students. If it becomes an ongoing disruptive and disrespectful issue, laptops may be banned for the remainder of the course for ALL students.

**Cellphones, Blackberries, and Similar Devices:**
Cellphones, Blackberries, and similar devices, must be turned OFF (not just vibrate) during classes unless specific permission is sought for emergency purposes in a given class. Text messaging / Twittering / Facebooking etc. are NOT permitted during class. If you MUST utilize your cell phone during class time for emergency situations, you need to communicate this with the instructor BEFORE class begins. If a student is found using any of these devices in class, he or she may be asked to leave the class.

**Grading scheme:**
I use the format provided below for grading, which is the university-wide scale that has been approved by the Senate.

- **A+** 90-100 Exceptional
- **A** 80-89 Superior work, above average.
- **B** 70-79 Good work, meeting all requirements, and eminently satisfactory.
- **C** 60-69 Competent work, meeting requirements.
- **D** 50-59 Fair work, minimally acceptable.
- **F** below 50 Fail

**Plagiarism**
“All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (http://www.turnitin.com ). Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.”

**Student Inquiries**
If you require any information regarding Student Support Services or the Student Development Services, see their Web site: [https://studentservices.uwo.ca/secure/index.cfm](https://studentservices.uwo.ca/secure/index.cfm). Policy on Accommodation for Medical Illness at [https://studentservices.uwo.ca/secure/index.cfm](https://studentservices.uwo.ca/secure/index.cfm).
<table>
<thead>
<tr>
<th>Topic</th>
<th>Class Lecture Date</th>
<th>Have Read in Text Before Class</th>
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<tbody>
<tr>
<td>Introduction: Taking Charge of Your Health AND Psychological Health</td>
<td>May 13\textsuperscript{th}, 2013</td>
<td>Ch. 1 (pp. 2-16) and Ch. 2 (pp. 33-53)</td>
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<td>Stress: the Constant Challenge AND Weight Management</td>
<td>May 14</td>
<td>Ch. 3 (pp. 64-78) and Ch. 4 (pp. 94-119 – stop at Eating disorders) and How to conduct research, led by Health Sciences Librarian</td>
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<td><strong>Victoria Day May 20th, 2013 – NO CLASS</strong></td>
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<td>Nutrition Basics AND Exercise for Health and Fitness</td>
<td>May 21</td>
<td><strong>Quiz</strong>, Ch. 5 (pp.128-159) and Ch. 6 (pp.176-195)</td>
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<td>Cardiovascular Health AND Cancer</td>
<td>May 27</td>
<td>Ch. 7 (208-233 – stop at Protecting Yourself…) and Ch. 8 (242-265 – stop at Detecting, Diagnosing…)</td>
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<td>Immunity and Infection</td>
<td>May 28</td>
<td>Ch. 9 (pp. 276-307)</td>
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<td><strong>Midterm Exam In-Class June 3, 2013 9:30-11:30; In Class</strong></td>
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<td>Healthy Sexuality AND Healthy Relationship Communication</td>
<td>June 4</td>
<td>Ch. 11 (pp. 334-356 – stop at Contraception) and Ch. 10</td>
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<td>The Responsible Use of Alcohol AND Toward a Tobacco-Free Self and Society</td>
<td>June 10</td>
<td>Ch. 15 (pp. 472-490) and Ch. 16 (pp. 498-514)</td>
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<td>The use and abuse of Psychoactive drugs Aging: A Vital Process</td>
<td>June 11</td>
<td>Ch. 14 (pp. 440-463) Ch. 17 (pp. 526-549)</td>
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<tr>
<td>Conventional and Complementary Medicine AND Start of Group Presentations</td>
<td>June 17</td>
<td>Ch. 19 (pp. 574-591 – stop at Complementary and Alternative Medicine)</td>
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<td>Course Wrap-up, Group Presentations, and Group Evaluations</td>
<td>June 18</td>
<td>No Readings</td>
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<td><strong>FINAL EXAM DURING THE JUNE EXAM PERIOD</strong></td>
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