The University of Western Ontario
School of Health Studies

Health Sciences 1001b
Personal Determinants of Health
Tuesdays 10:30am – 12:30pm, Thursdays 11:30am – 12:30pm
Location: NS 145

Instructor: Dr. Shauna Burke
Email: sburke9@uwo.ca
Office Room Number: Health Sciences Building, Room 216
Office Hours: By appointment

January 2013

<table>
<thead>
<tr>
<th>Teaching Assistants (TAs)</th>
<th>E-mail</th>
<th>Office Hours</th>
<th>Students with last names...</th>
</tr>
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<tbody>
<tr>
<td>Elaine Kwok</td>
<td><a href="mailto:ekwok5@uwo.ca">ekwok5@uwo.ca</a></td>
<td>By appointment</td>
<td>Abdallah - Henderson</td>
</tr>
<tr>
<td>Melissa Hay</td>
<td><a href="mailto:mhay23@uwo.ca">mhay23@uwo.ca</a></td>
<td>By appointment</td>
<td>Hershenfeld - Patil</td>
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<td>Paulmert - Zotz</td>
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Course Information
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, participate in class discussions and presentations, and complete: (a) three online quizzes; (b) two in-class mid-term evaluations; and (c) a final examination.

Course Materials
Students will be assigned several readings throughout the duration of the course. These readings correspond to the lecture topics and will be identified at the end of each lecture and on the course syllabus (located by logging in to Sakai). Additional readings may be posted on the course website at any time. Students are responsible for the content of all required readings.


Course Topics: The course lectures, videos, and required readings will focus on the following topics/units.

Topic 1: Introduction: Taking Charge of Your Health
Core Concepts in Health: Chapter 1 (pp. 2-31)

Topic 2: Psychological Health
Core Concepts in Health: Chapter 2 (pp. 32-63)
Topic 3: Stress: The Constant Challenge
Core Concepts in Health: Chapter 3 (pp. 64-93)

Topic 4: Obesity and Weight Management
Core Concepts in Health: Chapter 4 (pp. 94-127)

Topic 5: The Children’s Health and Activity Modification Program

Topic 6: Nutrition Basics
Core Concepts in Health: Chapter 5 (pp. 128-175)

Topic 7: Health and Nutrition for Infants: The Benefits of Breastfeeding
Core Concepts in Health: Chapter 12 (pp. 402-403)

Topic 8: Exercise for Health and Fitness
Core Concepts in Health: Chapter 6 (pp. 176-207)

Topic 9: Health and Exercise Psychology

Topic 10: Cancer
Core Concepts in Health: Chapter 8 (pp. 242-275)

Topic 11: The Use and Abuse of Psychoactive Drugs
Core Concepts in Health: Chapter 14 (pp. 440-471)

Topic 12: The Responsible Use of Alcohol
Core Concepts in Health: Chapter 15 (pp. 472-497)

Topic 13: Toward a Tobacco-Free Self and Society
Core Concepts in Health: Chapter 16 (pp. 498-525)
Evaluation
Each student must complete three online quizzes, two in-class mid-term examinations, and one final examination. Mid-term exam #1 is scheduled for Tuesday February 5, 2013 (during class time). Mid-term exam #2 is scheduled for Tuesday March 12, 2013 (during class time). Locations for both exams will be announced prior to each exam. The final exam in April will be scheduled by the Registrars Office at a later date and it is strongly recommended that students do not plan holidays/vacations until the Registrars Office publishes the final exam schedule.

As mentioned above, you will also be given an opportunity to complete three online quizzes throughout this course, each of which will be worth 5% of your final grade. Quizzes will be available online after class (i.e., at 1pm) on the following three days and will be accessible for 28 hours (i.e., until 5pm the following day):

January 24, 2013
February 28, 2013
March 28, 2013

Each quiz will consist of a randomly generated set of 20 questions related to the textbook readings assigned up to the date of the quiz. Students will have 25 minutes to complete the quiz from start to finish. Students who do not wish to purchase a textbook (and therefore will not have access to the online quizzes) must contact me by Friday January 18th, 2013. These students will be given an opportunity to complete an in-person written quiz during the same time frame. There will be no make-up quizzes under any circumstances; students who do not complete the quizzes in the allotted time frame will lose 5% per missed quiz on their final grade.

<table>
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<tr>
<th>Evaluation</th>
<th>Percentage</th>
<th>Readings Included</th>
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<tbody>
<tr>
<td>Online Quizzes (3 x 5%)</td>
<td>15%</td>
<td>All readings up to date of quiz</td>
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<tr>
<td>Mid-Term Exam #1</td>
<td>25%</td>
<td>All readings assigned prior to Feb 5</td>
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<tr>
<td>Mid-Term Exam #2</td>
<td>25%</td>
<td>All readings assigned between Feb 5 and Mar 12</td>
</tr>
<tr>
<td>Final Exam</td>
<td>35%</td>
<td>All readings* assigned throughout the course</td>
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*While mid-term examinations and online quizzes are not cumulative, the final exam is cumulative. Quizzes will include material from the textbook only and exams will include material from the textbook and other required readings, as well as any material covered during regularly scheduled classes (including class lectures, class notes, films/videos, guest presentations, etc.).

Makeup Exams
You must have a valid medical or compassionate reason for missing a scheduled examination, and documentation for your absence must be filed with the main office of the School of Health Studies prior to the examination (please see “Additional Statements” section below for information pertaining to accommodation for medical illness or non-medical absences). Retroactive exam accommodation (i.e., for exams that have been written) will not generally be granted, nor will last minute requests for extensions/make-up exams. Following receipt of approved accommodation from the counselling office, a
makeup examination will be scheduled within one week of the originally scheduled exam. Please note that makeup examinations will differ from the originally scheduled examinations, and may include written/essay components.

With regard to online quizzes, it is the general policy of this course to disallow completion of quizzes past the allotted time frame. Students who do not complete the quizzes in the time available for any reason will be given a grade of zero for the quizzes that are missed.

General Course Policies and Procedures

Rounding of Grades and Re-Weighting of Exams
These are practices some students request. These practices will not occur in this course. The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, and there is no re-weighting of exams or exam questions. Please do not ask me to do this for you. It degrades my experience as your professor and your experience as a student. We both have an appreciation of high standards.

Course Website (OWL Sakai)
All students in this course need to use OWL Sakai to access resources used in this course such as PowerPoint (lecture) handouts, additional handouts and/or readings, and this course outline. Students are responsible to check the OWL Sakai site regularly for this course for updates and announcements. Additionally, due to changes in privacy legislation, grades will only be provided to you through the course website – I will not, under any circumstance, convey grades via email or over the phone.

OWL Sakai is an electronic shared space that will be used frequently throughout the course for a variety of purposes. Please interact respectfully on this shared e-space. The privilege of contributing to the site can be revoked if deemed necessary.

Please contact Instructional Technology Services (ITS) for difficulties in accessing OWL Sakai at (519) 661-3800, or https://servlet.uwo.ca:8081/helpdesk/index.jsp.

Contact/Questions
All questions regarding course content should be posted on OWL Sakai forums. Forums, or discussion boards, will be used regularly as a ‘first line’ for asking questions on course content. Students can expect questions to be answered within 48 hours, with the exception of weekends. The forums will be set up to include a separate space for questions and discussion related to: (1) lectures/content; (2) midterm exams; (3) online quizzes; and (4) the final exam. You have the ability to edit and delete your own posts. The instructor and TAs can also delete posts that are deemed to be inappropriate. There will also be a ‘general discussion’ forum where students can discuss any number of topics. This forum is strictly student-student; the TA and the instructor will not respond to questions on this forum.

In all of the above communication tools and any time you are interacting with others on our shared OWL Sakai website or via e-mail, please be mindful of ‘e-etiquette’. It is expected that you will use proper grammar and punctuation when posting and e-mailing. You are also expected to respect your peers, TAs, and instructor in any discussion/forum. Students who do not act accordingly have the potential of losing website privileges.
E-mail
The TAs and myself are happy to answer your questions via e-mail, but please limit your e-mail questions to administrative matters only – as mentioned above, questions on course content will not be answered, as they should be: (a) raised during lectures, (b) asked during scheduled meetings with myself or your assigned TA, or (c) posted to an online discussion forum. Please note that you must use your UWO email address for all correspondence regarding this course.

Lecture Attendance
You are expected to attend every class, as some material that is covered during lecture (including videos and other notes and discussions) will not be in the course notes and will not be posted on the course website.

Use of Cellphones During Class
The use of cell phones is prohibited during lectures for any reason including taking pictures of lecture material. Please ensure that all cellphones or other communication devices are turned off or have their ringers silenced (or turned to vibrate) during lectures. Students may be asked to turn off such equipment or to leave the classroom if their activities are disruptive to the instructor and/or other students.

Use of Laptops During Class
The use of laptops is permitted for use in the classroom for note-taking purposes only. Students may be asked to close laptops or to leave the classroom if their activities are disruptive to the instructor and/or other students.

Use of Recording Devices and Cameras During Class
You do not have my permission to make audio or video recordings of lectures, or to take pictures of lecture material.

ADDITIONAL STATEMENTS

Student Code of Conduct
The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit http://www.uwo.ca/univsec/board/code.pdf.

English Proficiency for the Assignment of Grades

Accommodation for Medical Illness or Non-Medical Absences
http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf
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.

**Scholastic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

Additionally,

1. 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).

2. 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.

**Support Services**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- http://www.sdc.uwo.ca/ssp/
2. Student Health -- http://www.shs.uwo.ca/student/studenthealthservices.html
3. Registrar’s Office -- http://www.registrar.uwo.ca/
4. Ombuds Office -- http://www.uwo.ca/ombuds/