Instructor: Dr. Courtney Newnham  
Office: Elborn College, Room 2585  
Office Hours: By appointment, via email  
Email: cnewnha@uwo.ca (**please include: HS 3290b in your subject line**)  

**COURSE OVERVIEW:**

The purpose of this course is to provide students with an understanding of the approaches, theories, and evidence surrounding contemporary issues in health promotion. A critical lens will be employed to examine the relationships between lifestyle behaviours and health from both individual and societal perspectives through applying the principles of lifestyle psychology. Students are expected to attend all lectures and participate in class discussions and presentations.

**PRE-REQUISITES:**

Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record (see the Western Academic Calendar at www.westerncalendar.uwo.ca to verify your status). This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

**COURSE TEXT BOOK and READINGS:**

You are responsible for reading materials provided in the text and for retrieving those which will be posted on-line through the course website.

All readings, lecture-based material (including but not limited to: slides, videos, and discussions), as well as guest speaker presentation content are examinable. Specific expectations pertaining to tests and assignments are detailed below.


The text has been ordered by the bookstore and should be available for students prior to the course start date.
EVALUATION:

<table>
<thead>
<tr>
<th>Method</th>
<th>Date</th>
<th>Grade%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-term Exam (in-class)</td>
<td>February 15</td>
<td>20%</td>
</tr>
<tr>
<td>Group Assignment</td>
<td>April 4 or 11</td>
<td>30%</td>
</tr>
<tr>
<td>Class Contributions</td>
<td></td>
<td>10%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>Scheduled during exam period (April 14 - 30)</td>
<td>40%</td>
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</table>

Mid Term Exam – 20%
Since the goal of this course is to teach you to think critically about issues in health promotion, you will be expected to be able to recite and apply concepts learned in class and through the reading materials. Please note: Students **must** notify their course instructor and academic counsellor prior to missing an exam whenever possible. If a mid-term or final exam is missed, students are responsible for obtaining the requisite documentation (see below). Failure to do so could result in a zero grade assignment.

Group Assignment - 30%
Students will be expected to complete a group assignment which will consist of written work and a class presentation. The written proposal is due on *February 7th at the beginning of class.* Assignments handed in beyond this time will be considered late and will be penalized at the rate of 10% per day.

Class Contributions – 10%
Students are expected to attend all lectures and participate in class/group discussions.

Final Exam – 40%
This exam will be cumulative. The content and format will follow what was discussed in class (including group presentations), what you have read, and what you have seen on the mid-term exam. The final exam schedule will be posted on the Office of the Registrar website.

Statement on Use of Electronic Devices
The use of electronic devices during exams is prohibited (e.g., cell phones, laptops, etc.).

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](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](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

**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 behaviours that constitute a breach of this standard of conduct, provide examples of the 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](http://www.uwo.ca/univsec/board/code.pdf).

**Scholastic Offenses & Policies**
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 Web site: [http://www.uwo.ca/univsec/handbook/appeals/scholoff.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholoff.pdf).
It is the student’s responsibility to ensure that s/he is not involved with any form of plagiarism, including cheating on tests, allowing others to cheat on tests, cheating on assignments, and copying work of any kind without proper referencing.

**Plagiarism and Plagiarism Checking**
Students must write their assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. *Plagiarism is a major academic
offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers and assignments may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University.

**Scantron Exams**
Computer-marked multiple-choice exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

**Rounding of Grades**
This is a practice that some students request. *This practice will not occur here.* 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. Please don’t ask me to do this for you.

**Support Services**
There are various support services for students around campus including, but not limited to:

1. Student Development Centre -- http://www.sdc.uwo.ca/ssd/
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/

**LECTURE SCHEDULE**

<table>
<thead>
<tr>
<th>DATE</th>
<th>WEEK</th>
<th>TOPIC</th>
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</thead>
<tbody>
<tr>
<td>JAN 10</td>
<td>1</td>
<td>Orientation</td>
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<tr>
<td></td>
<td></td>
<td>Introduction to the issues – Chapter 1</td>
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<tr>
<td>JAN 17</td>
<td>2</td>
<td>Lifestyle psychology and the role of theory in health promotion – Chapter 2</td>
</tr>
<tr>
<td>JAN 24</td>
<td>3</td>
<td>Evaluating lifestyle psychology – Approaches and considerations – Chapter 9</td>
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<tr>
<td>JAN 31</td>
<td>4</td>
<td>Obesity etiology – What is driving the epidemic?</td>
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<tr>
<td>FEB 7</td>
<td>5</td>
<td>Dietary behaviours and the food industry – Chapter 3</td>
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<tr>
<td></td>
<td></td>
<td><em>Group presentation proposal due at the beginning of class</em></td>
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<tr>
<td>FEB 14</td>
<td>6</td>
<td><strong>Mid-Term (20%)</strong></td>
</tr>
<tr>
<td>FEB 21</td>
<td>7</td>
<td>Reading Week</td>
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<tr>
<td>FEB 28</td>
<td>8</td>
<td>Alcohol – Chapter 5</td>
</tr>
<tr>
<td>MAR 7</td>
<td>9</td>
<td>Illicit drug use – Chapter 8</td>
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<tr>
<td>MAR 14</td>
<td>10</td>
<td>Sexual health – Chapter 7</td>
</tr>
<tr>
<td>MAR 21</td>
<td>11</td>
<td>Smoking – Chapter 6</td>
</tr>
<tr>
<td>MAR 28</td>
<td>12</td>
<td>Physical activity and sedentary behaviour – Chapter 4</td>
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<tr>
<td>APR 4</td>
<td>13</td>
<td>Group Presentations</td>
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<tr>
<td>APR 11</td>
<td>14</td>
<td>Group Presentations</td>
</tr>
<tr>
<td>APR 14-30</td>
<td>15</td>
<td><strong>Final Exam (40%)</strong></td>
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* Modifications to the lecture schedule are subject to change at the Instructor’s discretion and will be announced in-class and/or on OWL.