Health Sciences
2000B
Healthology: The Study of Health Sciences
The University of Western Ontario  
Faculty of Health Sciences  
HS 2000B: Healthology - The Study of Health Sciences  
Winter 2014 Course Outline

Instructor: Leichelle Little, PhD Candidate  
Class Time: 9:30AM-11:30 AM  
Class Location: Social Science Center Room 2050  
Course Webpage: [http://webct.uwo.ca](http://webct.uwo.ca)  
Office: Elborn College, Room 2217  
Phone: 519-661-2111 ext. 86763  
Email: llittle5@uwo.ca (*please include HS2000B in the subject line*)  
Office Hours: Mondays 10AM-12PM  
Teaching Assistant: Nicolette Noonan  
Email: nnoonan3@uwo.ca  
Office Hours: Tuesday 10:00-11:00 AM  
Course Description: 
This introduction to the multidisciplinary field of health sciences will engage students in learning about health from multiple perspectives. Each week, an expert will lecture on contemporary issues in health such as: health and aging; health and popular culture; health behavior; nutrition; environmental impacts on human health.

Course Objectives: 
By the end of this course, students will be able to:

1) Extrapolate issues in health into all aspects of life  
2) Analyse the broad implications of ‘health’ from various perspectives.  
3) Find, cite and critically reflect upon research studies and other literature on contemporary issues in health.  
4) Observe the factors and motivations that may be important for changing health behaviors as informed by the literature.  
5) Assess decisions made for your own health and be able to articulate the rationale for these choices.

Course Materials: 
All course readings and supplementary materials will be provided in class or made available electronically through the Sakai site for this course. You are responsible for retrieving those readings prior to class: [https://owl.uwo.ca/portal](https://owl.uwo.ca/portal)

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1 Please use Sakai mail for course related questions. Anything of a sensitive nature may be addressed to the instructor’s personal email.  
2 Due to the nature of research, there are times when unforeseen circumstances may prevent me from being present during scheduled office hours. I am always interested in hearing from students so feel free to contact me and we can arrange an alternative appointment outside of office hours.
**Evaluation**

All evaluations will be described in detail prior to the due date. Summaries of the evaluations are provided below. All assignments are to be submitted through Sakai by **midnight on the due date unless otherwise stated.**

<table>
<thead>
<tr>
<th>Name</th>
<th>Evaluation</th>
<th>Due Date:</th>
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<tbody>
<tr>
<td>Participation</td>
<td>20%</td>
<td>Thursday February 27(^{th}), 2014</td>
</tr>
<tr>
<td></td>
<td>(10% each)</td>
<td>Tuesday April 8(^{nd}), 2014</td>
</tr>
<tr>
<td>Health and Behavior Change Assignment</td>
<td>25%</td>
<td>Thursday March 6(^{th}), 2014</td>
</tr>
<tr>
<td>Online Tests</td>
<td>20%</td>
<td>Thursday February 6(^{th}), 2014</td>
</tr>
<tr>
<td></td>
<td>(10% each)</td>
<td>Thursday March 20(^{th}), 2014</td>
</tr>
<tr>
<td>Final Exam</td>
<td>35%</td>
<td>Winter Examination Period</td>
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<tr>
<td></td>
<td></td>
<td>(April 11-30)</td>
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**Participation - 20%**

Online and in-class discussion will constitute 20% of the course grade. Participation marks will be based on the quality (not quantity) of students' contributions to the dialogue surrounding the topic that week. Students are required to contribute a higher-order thinking question/discussion point from the readings via Sakai by 5 PM the evening before each class (starting the second week). A specific participation rubric is available on Sakai. Students will receive a mid-term mark (worth 10%) for their participation by Thursday February 27\(^{th}\), 2014.

**Health and Behaviour Change Assignment - 25%**

Engagement in preventative health behaviors can be influenced by the awareness of objective health risks, health beliefs and cognitions. This assignment gives students an opportunity to observe and reflect upon a health behavior they would like to change. In doing so, students will be able to analyze factors and motivations that affect the behavior change process and relate it to their everyday lives. Please refer to Sakai for further assignment instructions and rubric closer to the due date.

**Online Tests-20% (10% each)**

The online tests will consist of multiple choice and short answer questions. Each quiz will have a time limit and will only made available for 7 days. **When available, quizzes can be accessed through Sakai by clicking on the “Online Tests” section on the left sidebar.**

**Final Exam- 35%**

The final exam format will be multiple choice.

While online tests are not cumulative, the final exam is cumulative. All readings, lecture-based material (including but not limited to: slides, videos, discussions and exercises), as well as guest speaker presentation content are examinable.
## Outline of Course Topics

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic(s) and Evaluations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday Jan 9&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>Introduction</td>
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<tr>
<td>Thursday January 16&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>What is Health? When is Health, Unhealthy?</td>
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<tr>
<td>Thursday January 23&lt;sup&gt;rd&lt;/sup&gt;, 2014</td>
<td>Healthy Hearing</td>
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<tr>
<td>Thursday January 30&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>Health and the Environment</td>
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<tr>
<td>Thursday February 6&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>Exercise Health and Technology&lt;br&gt;<strong>Online Test #1- Covering Topics discussed from Jan 16&lt;sup&gt;th&lt;/sup&gt;-February 6&lt;sup&gt;th&lt;/sup&gt;.</strong></td>
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<tr>
<td>Thursday February 13&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>Health Behavior Change and Risk Communication</td>
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<tr>
<td>Thursday February 20&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>READING WEEK NO CLASS</td>
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<tr>
<td>Thursday February 27&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>Obesity and Nutrition</td>
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<tr>
<td>Thursday March 6&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>Health and Genetics&lt;br&gt;<strong>Health Behavior Change Assignment Due</strong></td>
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<tr>
<td>Thursday March 13&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>Health and Aging</td>
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<tr>
<td>Thursday, March 20&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>Health Education and Literacy&lt;br&gt;<strong>Online Test #2- Covering Topics discussed from February 13&lt;sup&gt;th&lt;/sup&gt;-March 13&lt;sup&gt;th&lt;/sup&gt;</strong></td>
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<tr>
<td>Thursday March 27&lt;sup&gt;th&lt;/sup&gt;, 2014</td>
<td>Discussion Class: Health and Behavior Change Assignment</td>
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<td>Thursday April 3&lt;sup&gt;rd&lt;/sup&gt;, 2014</td>
<td>TBA</td>
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<tr>
<td>During Winter Examination Period (April 11-30)</td>
<td><strong>Final Exam</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.*
Pre-requisites
Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record (see the Western Academic Calendar at http://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.

Instructors Policy on Attendance and Late Assignments
Regular attendance is critical as many classes will address material not found in the text. If you miss a class, please make arrangements with another student to obtain her/his notes. Deadlines must be met at all times, unless prior arrangements have been made with the instructor or if there is medical documentation.

Course Related Student Feedback
This course is dependent on student feedback. Your feedback is encouraged at all times throughout the course and anonymous input will be encouraged and addressed when appropriate.

University Policies

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. Accordingly, it is imperative that you read the University Code of Student Conduct located here: http://www.usc.uwo.ca/government/documents/Western_Code_of_Student_Conduct.pdf

Statement on Accessibility
The University of Western Ontario is committed to recognizing the dignity and independence of all students and seeks to ensure that persons with disabilities have genuine, open and unhindered access to academic services. Feel free to contact Services for Students with Disabilities (SSD) at (519) 661-2111 ext. 82147.

For more information on Western’s Policy on Academic Accommodation for Students with Disabilities please see http://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_disabilities_handbook.pdf

Statement on 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: http://westerncalendar.uwo.ca/2013/pg113.html

It is the student’s responsibility to ensure that they are 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.
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/nurse practitioner 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 for any request for accommodations 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.

More information on medical accommodations is located: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_medical.pdf

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

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