The University of Western Ontario
School of Health Studies

Health Sciences 3290B
Special Topics in Health Promotion

January-April 2014

Instructor: Dr. Tara Mantler
Email: tara.mantler@uwo.ca
Office Hours: By appointment, via email (**please include HS3290B in your subject line**)  

Date/Time: Tuesday 6:00-9:00pm
Location: HSB 240

**Prerequisite Checking**

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. 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.

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**Course Information**

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.

Students are expected to prepare for the course by completing required readings prior to class. The grade for this course will be comprised of a midterm examination, group presentation, and final examination. The group presentation will consist of the preparation of a health communication plan related to a current topic in health. Finally, the midterm and final examinations will consist of multiple choice questions from readings and lectures.

**Course Materials**

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.

**Evaluation**

Your grade will be calculated according to the following breakdown:

<table>
<thead>
<tr>
<th>EVALUATION: Method</th>
<th>Date</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-term Exam (in-class)</td>
<td>February 11</td>
<td>20%</td>
</tr>
<tr>
<td>Group Assignment</td>
<td>April 1 or 8</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 11 - 30)</td>
<td>40%</td>
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**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 4th 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.
Lecture and Reading Schedule

<table>
<thead>
<tr>
<th>LECTURE SCHEDULE DATE</th>
<th>WEEK</th>
<th>TOPIC</th>
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| JAN 7                 | 1    | Orientation  
                          Introduction to the issues – Chapter 1 |
| JAN 14                | 2    | Lifestyle psychology and the role of theory in health promotion – Chapter 2 |
| JAN 21                | 3    | Evaluating lifestyle psychology – Approaches and considerations – Chapter 9 |
| JAN 28                | 4    | Obesity etiology – What is driving the epidemic? |
| FEB 4                 | 5    | Dietary behaviours and the food industry – Chapter 3  
                          Group presentation proposal due at the beginning of class |
| FEB 11                | 6    | Mid-Term (20%) |
| FEB 18                | 7    | Reading Week |
| FEB 25                | 8    | Alcohol – Chapter 5 |
| MAR 4                 | 9    | Illicit drug use – Chapter 8 |
| MAR 11                | 10   | Sexual health – Chapter 7 |
| MAR 18                | 11   | Smoking – Chapter 6 |
| MAR 25                | 12   | Physical activity and sedentary behaviour – Chapter 4 |
| APR 1                 | 13   | Group Presentations |
| APR 8                 | 14   | Group Presentations |
| APR 11-30             |      | Final Exam (40%) |

Statement on Use of Electronic Devices

Electronic devices in service of learning will be permitted in the classroom; however, cell-phone use is prohibited. Moreover, electronic devices will not be allowed during examinations.

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
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/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/