The University of Western Ontario
School of Health Studies

Health Sciences 1001B
Personal Determinants of Health
(**DRAFT)

Instructor: Dr. Jeannie Samuel
Email: jsamue9@uwo.ca
Office: Health Sciences Building, Room 331
Office Hours: TBA

Winter 2017

Course Date and Time: Tuesdays 11:30-12:30 and Thursdays 10:30-12:30
Location: TBA

Teaching Assistants: TBA
TA Office Hours: TBA

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 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 and small group discussions and presentations, and complete: (a) One in-class mid-term evaluation and (b) a final examination.

Course Materials

Required Readings: 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 OWL). Additional readings may be posted on the course website at any time. Students are responsible for the content of all required readings.


Additional Readings: Additional required readings are listed in the course outline and can be downloaded from the given websites or the library database.

Course Topics

All course lectures, videos, and required readings will focus on the following topics/units.
<table>
<thead>
<tr>
<th>Topic Number</th>
<th>Topic</th>
<th>Readings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic 1</td>
<td>Introduction: Taking Charge of Your Health</td>
<td></td>
</tr>
<tr>
<td>Topic 2</td>
<td>Psychological Health</td>
<td></td>
</tr>
<tr>
<td>Topic 3</td>
<td>Stress: The Constant Challenge</td>
<td></td>
</tr>
<tr>
<td>Topic 4</td>
<td>Obesity and Weight Management</td>
<td></td>
</tr>
<tr>
<td>Topic 5</td>
<td>Childhood Obesity</td>
<td></td>
</tr>
<tr>
<td>Topic 6</td>
<td>Nutrition Basics</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>MID TERM EXAM: FEB 16</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>READING WEEK – NO CLASS</strong></td>
<td></td>
</tr>
<tr>
<td>Topic 7</td>
<td>Health and Nutrition for Infants: The Benefits of Breastfeeding</td>
<td></td>
</tr>
<tr>
<td>Topic 8</td>
<td>Exercise for Health and Fitness</td>
<td></td>
</tr>
<tr>
<td>Topic 9</td>
<td>Cancer</td>
<td></td>
</tr>
<tr>
<td>Topic 10</td>
<td>The Use and Abuse of Psychoactive Drugs</td>
<td></td>
</tr>
<tr>
<td>Topic 11</td>
<td>The Responsible Use of Alcohol</td>
<td></td>
</tr>
<tr>
<td>Topic 12</td>
<td>Toward a Tobacco-Free Self and Society And: Course wrap-up and review</td>
<td></td>
</tr>
</tbody>
</table>

**Evaluation**

Each student must complete one in-class mid-term examination and one final examination. The mid-term examination is scheduled for **February 16, 2017**. Students will be assigned to specific rooms to write the exam. Room locations and name assignments will be announced via OWL at least one week...
prior to the exam date.

The final exam in April will be scheduled by the Registrars Office at a later date. It is strongly recommended that students do not plan holidays/vacations until the Registrars Office publishes the final exam schedule.

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Percentage</th>
<th>Readings included on exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-Term Exam</td>
<td>40 %</td>
<td>All readings assigned prior to February 16, 2017</td>
</tr>
<tr>
<td>Final Exam</td>
<td>60 %</td>
<td>ALL READINGS* assigned throughout the course</td>
</tr>
</tbody>
</table>

*The mid-term examination includes all readings assigned prior to the exam date. Please note that the final exam is cumulative. Both 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 and student 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 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 may differ from the originally scheduled examinations, and may include written/short answer components.

**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.

**Course Website (OWL)**

All students in this course need to use OWL 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 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 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 forums. While your assigned TA should be your ‘first line’ for asking questions related to the course, forums (discussion boards) on OWL will also be used by TAs to answer student questions. The forums will be set up to include a separate space for questions and discussion related to: (1) lectures/content; (2) the mid-term exam; and (3) 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.

In all of the above communication tools and any time you are interacting with others on our shared OWL 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. Questions on course content will not typically 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 the instructor or 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/pdf/board/code.pdf.

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 Western 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.

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 Health Studies 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://uwo.ca/univsec/pdf/academic_policies/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/