Western University
School of Health Studies

Health Sciences 3025A - Integrative Health

Instructor: Ivan Culum
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Office: Elborn College, Room 1424
Office Hours: By Appointment

Lecture Times: Wednesdays 2:30 PM to 3:30 PM & Fridays 1:30 PM to 3:30 PM
Location: Health Sciences Building – Room 35

Course Website https://owl.uwo.ca/

**Prerequisites:** Minimum of 60% in each of Health Sciences 1001A/B and 1002A/B.

**Antirequisites:** Former Health Sciences 4020A/B; Health Sciences 3091A, section 001 if taken in Fall 2011; Kinesiology 3372A, section 002 if taken in Fall 2011.

Please ensure that you have either the requisites for this course or special, written permission for the School of Health studies, or you risk being removed from the course. As this decision may not be appealed, and there are no course fee adjustments in case of such an event, please exercise due diligence.

**Course Description**

Integrative Health examines a variety of areas and issues concerning the broad field of integrative health. From an evidence-based perspective, the course explores integrative health domains and assesses the quantitative and qualitative evidence about these various forms of "alternative" health including, but not limited to Oriental medicine, mind-body interventions, manual therapies, and herbal/pharmacological approaches to integrative health and lifestyle decision-making.

**Course Format**

In this course, a variety of activities are used, including:

- Traditional didactic teaching (a.k.a. lecturing);
- Individual and small group activities;
- Collaborative assignment.

Students are encouraged to arrive to class having completed the required readings and other relevant material, as these serve as a foundation for in-class activities.
Learning Outcomes

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

- Identify topics in health sciences relevant to alternative/integrative health approaches;
- Critically evaluate different alternative/integrative treatments;
- Critically examine the relationship among different approaches to health care;
- Be(come) an informed “consumer” of alternative/integrative health care;
- Produce a group assignment demonstrating critical thinking skills, research competency, and the ability to work effectively as a unit.

Course Materials


There may be additional readings assigned. These will be posted in OWL.

OWL – The Online Classroom

The OWL website is used for posting assigned readings and any other relevant course materials. Additionally, it will be used for posting course-related questions and facilitating group discussion.

Please note that course’s OWL page is a private, secure forum for class discussion. Please do not record nor distribute any of the content publicly (i.e. social networking sites) as this may represent a breach of copyright and privacy regulations.

Please ensure that all course-related questions are posted with OWL and use regular email for other concerns such as appointments and scheduling. Should you use your email, please use your institutional (@uwo.ca) email as your message may be intercepted by Western’s Spam Trap and not reach your intended recipient.

In case of technical difficulties with OWL, please contact Instructional Technology Services (ITS) at (519) 661-3800. Please obtain a Problem Report Number to provide to the course instructor.

Learning Environment

This course experience will function according to the assumption that successful learning happens in environments where learning is a shared experience between the instructor and the student, as well as among students themselves.
As the instructor, I strive to provide students with classes that are engaging, motivating, and interesting. In return, I expect students to attend classes and to contribute positively to the collaborative nature of the learning experience through their active participation in discussions, by completing the assigned readings, and by offering constructive feedback.

**Course Evaluation**

- Mid-term Examination – 35%
- Group Assignment (Written) – 20%
- Group Assignment (Presentation) – 10%
- Final Examination – 35%

**Mid-term Examination (35%)**

The mid-term examination will be comprised of multiple choice questions and may also feature a number of short answer questions. No notes or other study aids are permitted during examination. This exam covers material from weeks 1-5.

**Use of Electronic Devices during Examinations:**

Unless you have medical reasons (supported by required documentation) that require you to do so, you may not use any electronic devices during the examinations.

**Group Assignment – Written Component (20%, due by 11/18)**

You will be assigned to your group. As a group you will rank your top three preferences for any alternative/integrative field that is covered in class. Each field will feature a condition/disorder that requires treatment. I will attempt to assign each group one of their preferred topics. However, some topics may be more “popular” than others, and you are not guaranteed to have your top choice. This is done to ensure that we as a class have the opportunity to explore a variety of topics.

Once you have your assigned topic, you will be responsible for critically evaluating “traditional” (i.e. Western) treatment options for your chosen topic and comparing/contrasting this with your alternative/integrative approach. This assignment will be explained in greater detail in class.

You will be responsible for submitting ONE paper per group and it should not exceed 20 double spaced pages with 1” margins, excluding references. Your paper does not have to be 20 pages. Brevity will not be penalized if the assignment objectives are met. The paper should be formatted using the APA Style Manual, 6th Edition.

Please ensure that your paper can be understood by the general public, as if a relative or a friend with no educational background in health sciences asked you for advice regarding treatment options for choosing integrative/alternative treatments.
You will be graded as a group.

**Group Assignment – Presentation Component (10%)**

You are required to present your group paper in class. The format of the presentation is entirely up to your group. Presentations will be capped at 20 minutes per group and all group members are required to participate in some manner during the presentation.

I understand that there may be considerable logistical/organizational challenges that you may face in creating your group assignment. This is by design, as you are likely to face similar challenges in your chosen career after you have graduated.

You will be graded as a group.

**Final Examination (35%)**

The final examination will be comprised of multiple choice questions and may also feature a number of short answer questions. No notes or other study aids are permitted during examination. The final exam is **NOT** cumulative, and covers material from weeks 6-11;14.

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**Lecture and Reading* Schedule**

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<th>TOPIC</th>
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<td>Introduction</td>
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<td>2</td>
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<td>STUDY BREAK – No Lecture on 10/28</td>
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<td>Herbal Medicine</td>
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<td>Nutrition</td>
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<td>11/09</td>
<td>The Role of Media in Alt./CAM (Traditional and Social)</td>
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<td>11</td>
<td>11/16</td>
<td>Synthesis</td>
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<td>11/18</td>
<td><strong>Group Assignment Paper Due (11/18)</strong></td>
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**Group Presentations**

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*Please note that there may be additional assigned readings in OWL. Additionally, please check OWL regularly as the assigned readings are subject to change.*

**Missed Due Dates & Makeup Examinations**

You must have a valid medical or compassionate reason for missing the scheduled due dates for any of the required submissions or exams. Any documentation regarding missed deadlines or absence from examinations must be filed with the main office of the School of Health Studies. Please refer to the relevant section of this syllabus (Additional Statements) concerning acceptable documentation for further information. Retroactive assignment and/or exam accommodations are generally not given, so please ensure that you submit your documentation PRIOR to the deadline.

| The penalties for late submissions (without valid reason, as stated above) are as follows: |
| Group Assignment (Written) – 10% deduction per day, up to 5 calendar days; |
| Group Assignment (Presentation) – A mark of zero is assigned to any group member that misses their presentation without valid reason. |

**General Course Notes**

**Course Website**

Other than the required textbook, the course website will be your source for any required resources (including a copy of this syllabus). The course website is to be used to submit all of the course assignments. Due to privacy regulations, grades will only be provided to you through the course website. No exceptions to this can be made under any circumstance.

**Email**

Please use the OWL website instead of e-mail for all content-related questions. If you have an emergency or wish to see me outside of class hours, please use your UWO email address for all correspondence regarding this matter. The University’s “Spam Trap” often rejects email from Gmail, Outlook, Yahoo, and other public email addresses. As such, there is no guarantee that I will receive any emails sent from a public email service.

**Lecture Attendance**
You are encouraged to attend every lecture, as some material covered during lectures may not be featured in the readings.

_Eating and Drinking in Class_

Out of respect and consideration for your fellow students, please refrain from eating during class. Beverages in a lidded container are acceptable.

_Grade Adjustments_

Final grades in this course will be rounded down to the closest integer. I will not, under any circumstances, round up your grade (i.e., to facilitate professional school applications). This includes grades that end in a “9”. Assignments and exams will not be re-weighed.

_Use of Personal Communication Devices_

Please be respectful of your fellow classmates’ time and effort and turn off any audible notifications (including loud vibrate-only function). If you must use any of these devices, please do so discreetly. No such devices are permitted during examination.

_Use of Laptops/Tablets During Class_

The same guidelines apply here as with personal communication devices. Please use your laptop/tablet in a manner that is not disruptive to the class.

_Recording Lectures_

You are not permitted to create any audio or video recordings of the lecture proceedings.

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**PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

In the first instance, all appeals of a grade must be made to the course instructor (informal consultation). If you are not satisfied with the decision of the course instructor, a written appeal must be sent to the Program Director. If you consider this response to be unsatisfactory, you may then appeal to the Dean of the Faculty of Health Sciences. If this response is unsatisfactory, you may appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson’s Office.

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**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.

English Proficiency for the Assignment of Grades


Accommodation for Medical Illness or Non-Medical Absences

http://www.uwo.ca/univsec/pdf/academic_policies/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 Western University 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 here:


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:


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.

Special Notes

Support Services

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

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

Your Mental Health and Wellbeing

I realize that there may be significant life events and/or obstacles that are ongoing or that may present suddenly during the term that may not be covered under the university policy for medical accommodations (please see below). However, Western University has excellent Mental Health and Wellbeing services available for students in need of additional guidance and support in this area. Your health is important to me, and I encourage everyone to reach out if you need any assistance.
Please see Western’s Health and Wellness information webpage if you desire more information on this topic. You may visit it by following the link below:

http://www.health.uwo.ca/mental_health/index.html

Immediate help in the event of a crisis is available by phoning (519) 661-3030 (during class hours) or (519) 433-2023 (after class hours and on weekends).

**Student Development Centre (SDC) Learning Skills Services:**

Learning Skills counselors are ready to help you improve your learning skills. They offer presentations on strategies for improving time management, multiple-choice exam preparation/writing, textbook reading, and more. Individual support is offered throughout the Fall and Winter terms in the drop-in Learning Help Centre, and year-round through individual counseling. They may be found in WSS Rm 4100, or at http://www.sdc.uwo.ca/learning.