The University of Western Ontario  
School of Health Studies  

Health Sciences 1001B - Winter 2018  
PERSONAL DETERMINANTS OF HEALTH

Instructor: Dr. Ramona Fernandez  
Email: rfernan6@uwo.ca  
Office Room Number: TBD  
Office Hours: TBD – by appointment only  
Lecture: Tuesdays 6:30 - 9:30 PM  
Lecture location: HSB -236

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.

Please refer to the current Western Academic Calendar at www.westerncalendar.uwo.ca.

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 health-related topics related to personal health and wellness, with 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) two in-class mid-term evaluations; (b) a final examination and (c) a reflection exercise

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’, lectures and course content.


*Please refrain from purchasing the course text (new OR used) until after the first day of class. During the first week of classes, a representative from McGraw-Hill Ryerson will speak to the class about purchasing options and the use of the course/textbook website.
### Schedule

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics &amp; Readings</th>
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<tbody>
<tr>
<td>Jan 9</td>
<td>First class introduction</td>
<td>Chapter 1 (pp. 2-39)</td>
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<tr>
<td>Jan 16</td>
<td>Psychological Wellness</td>
<td>Chapter 2 (pp. 40-79)</td>
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<td>Jan 23</td>
<td>Stress Management</td>
<td>Chapter 3 (pp. 80-116)</td>
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<td>Jan 30</td>
<td><strong>MID-TERM EXAM 1 - (regular class time)</strong></td>
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<tr>
<td>Feb 6</td>
<td>Alcohol &amp; Drug use</td>
<td>Chapter 14 &amp; 15 (pp. 568-584; 608-641)</td>
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<td>Feb 13</td>
<td>Nutrition</td>
<td>Chapter 5 (pp. 164-220)</td>
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<td>Feb 20</td>
<td><strong>READING WEEK – NO CLASS/READINGS</strong></td>
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<tr>
<td>Feb 27</td>
<td>Weight management</td>
<td>Chapter 4 (pp. 118-160)</td>
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<tr>
<td>Mar 6</td>
<td>Exercise &amp; Recreation</td>
<td>Chapter 6 (pp. 226-266)</td>
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<tr>
<td>Mar 13</td>
<td><strong>MID-TERM EXAM 2 - (regular class time)</strong></td>
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<tr>
<td>Mar 20</td>
<td>Healthy Relationships &amp; sexuality</td>
<td>Chapter 10 &amp; 11 (pp. 400-463)</td>
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<td>Mar 27</td>
<td>Sexually Transmitted Diseases</td>
<td>Chapter 11 &amp; 13 (pp. 464-479; 530-560)</td>
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<tr>
<td>April 3</td>
<td>Pregnancy, childbirth, prenatal &amp; neonatal health</td>
<td>Chapter 12 (pp. 488-528)</td>
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<td>April 10</td>
<td><strong>Last Class Special session – No assigned reading/ study week</strong></td>
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<td><em>REFLECTION DUE</em></td>
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<tr>
<td>TBD</td>
<td><strong>FINAL EXAM</strong></td>
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### Evaluation

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<tr>
<th>Evaluation</th>
<th>Percentage</th>
<th>Readings Included</th>
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<tbody>
<tr>
<td>Mid-term exam 1</td>
<td>25%</td>
<td>(Jan 9-23 inclusive)</td>
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<tr>
<td>Mid-term exam 2</td>
<td>25%</td>
<td>(Feb 6-March 6 inclusive)</td>
</tr>
<tr>
<td>Final Exam</td>
<td>35%</td>
<td><strong>Cumulative</strong> (<em>everything covered throughout the course, any format</em>)</td>
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<tr>
<td>Reflection exercise</td>
<td>10%</td>
<td>-</td>
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<tr>
<td>Professionalism</td>
<td>5%</td>
<td>-</td>
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</tbody>
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Exams: There are two in-class mid-term examinations and one final examination. **3 exams in total.**

The first mid-term examination is scheduled for **January 30, 2018** (during class time) and the second mid-term examination is scheduled for **March 13, 2018** (during class time). Locations for the mid-term exams will be announced in class and on OWL prior to the exams. Please note that it is your responsibility to ensure that you are writing in the correct (assigned) room for the mid-term exams. **The final exam in April will be scheduled by the Registrars Office** at a later date and it is strongly recommended that students do not plan holidays/vacations until the Registrars Office publishes the final exam schedule.

**Reflection Exercise:**

To foster your own wellness, a significant return on the investment is to actually use and apply the learning in this course in your personal lives. In other words to step out of the textbook and into DOING. As you will learn in the course, well-being is fostered by intentional daily practice to make wellness proactively habit forming and not reactive to illness.

For this assignment, take **ONE** area of wellness you would like to work on as a small, doable goal and commit to doing it for the duration of the term. Use an app or third-party verifiable method to document your efforts for consistency. In the last week of class you will be required to submit a snapshot image of the dashboard summary and write a small reflection summary about what you learned about yourself in this exercise over the semester. Examples will be shown in class.

*NOTE: you are NOT being graded on being perfect, or outcomes. The grade is 50% for following through in a committed way (actually doing it) and 50% for thoughtful reflection about what you learned from doing this exercise. **Due at the last class (submitted in class ONLY)**

**Professionalism:**

The inclusion of a grade for professionalism is a significant learning goal for the professional development of students in health service professional paths. This is about learning professional behaviour in practice. To foster a productive learning environment, professional behaviour and attitude is required. In addition to courteous discussion and respect, students will be required to demonstrate the following: attendance and participation, a degree of compassionate understanding, willingness to appreciate diverse subjective experiences, and conduct attitudes and demeanour to all members in a compassionate and sensitive manner. For example, (but not limited to) maintaining privacy, confidentiality and respect about what is shared in class, particularly by guest speakers. Taping of lectures and discussion without prior permission is prohibited.

Generally, it is expected that all students who conduct themselves professionally will be granted the full 5%. Incidents involving a breach of conduct will warrant a forfeit of the 5%. There will be a constructive discussion about why a forfeit is warranted and how to approach a more professional behaviour in the future but this decision is not subject to appeal or negotiation.
Makeup Exams & Accommodations:

**All requests for accommodations MUST go through the Academic Counselling office. Please see them FIRST and they will contact me with the appropriate recommendations.**

You must have a valid medical or compassionate reason for missing a scheduled examination/assignment, 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 will differ from the originally scheduled examinations, and may include written/short answer components.*

General Course Policies and Procedures:

Rounding of Grades:

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 exam questions. Please do not ask me to do this for you. It degrades my experience as your professor and your experience as a student. We both have an appreciation of high standards.

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 or provide them to anyone else but you. 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 at (519) 661-3800, or [http://itshelp.uwo.ca](http://itshelp.uwo.ca).

Contact/Questions:

I expect that all students will first help themselves by consulting the syllabus, OWL website or their appropriate department for information for general inquires. I will attempt to answer questions directly in the OWL course site so that all students have access to the same response. If I have already answered the question, I will not keep re-answering the same question. Please appreciate that they are many of you and only 1 professor.
Please post all questions that do not contain personally sensitive information to the OWL Course site. For Questions/Concerns that involve personal information/circumstances—please email me. Please note that you must use your UWO email address for all correspondence regarding this course.

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 and a forfeit of the professionalism grade.

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 and Other Electronic Devices During Class
The use of cell phones and other electronic devices (excluding laptops) 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. You are not permitted to record anyone or discussion without explicit permission.

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

Visit the website http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf

Accommodation for Medical Illness or Non-Medical Absences

http://www.westerncalendar.uwo.ca/2017/pg117.html
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: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf

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/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/
2. Student Health -- http://www.uwo.ca/health/services/students/index.html
3. Registrar’s Office -- http://www.registrar.uwo.ca/
4. Ombuds Office -- http://www.uwo.ca/ombuds/