

The University of Western Ontario
School of Health Studies
Health Sciences 3290B
Lifestyle Psychology and Promoting Healthy Behaviours

Instructor: Erin Pearson

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Office Room Number: Alumni Hall, Room 11

Office Hours: By appointment via e-mail

Class Hours: Wednesdays 6:00pm – 9:00pm, University Community Centre, Room 37

Pre-requisites

Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record (see the Western Academic Calendar at 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.

COURSE INFORMATION

Description

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.

Readings and 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.

Required Text: Thirlaway, K. & Upton, D. (2009). *The psychology of lifestyle: Promoting health behaviour*. New York: Routledge.

Mutual Expectations

In order to promote a collegial and stimulating learning environment, it is important that we all abide by a mutual code of *courtesy and respect*. I will come prepared and on-time for class and will expect the same from you. In service of your learning experience, please do not use cell phones and other electronic devices/social media during class (e.g., texting, facebook, twitter, ipods, etc.), and refrain from activities which may impede your ability, or the ability of those around you, to learn effectively. Questions, discussions, and constructive comments pertaining to class material are encouraged and always welcome. If you are having problems with any aspect of the course, please make an appointment to speak with me.

EVALUATION

| Method | Date | Grade% |
|--------------------------|--|---------------|
| Mid-term Exam (in-class) | February 15 | 30% |
| Group Assignment | April 4 or 11 | 20% |
| Class Contributions | ----- | 5% |
| Final Exam | Scheduled during exam period (April 14 - 30) | 45% |

Mid Term Exam – 30%

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 - 20%

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 8th 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 – 5%

Students are expected to attend all lectures and participate in class/group discussions.

Final Exam – 45%

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.

Statement on Use of Electronic Devices

The use of electronic devices during exams is prohibited (e.g., cell phones, laptops, etc.).

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>.

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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. For more information, please see: http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf

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 behaviours that constitute a breach of this standard of conduct, provide examples of the 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>.

Scholastic Offenses & Policies

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 Web site:

<http://www.uwo.ca/univsec/handbook/appeals/scholoff.pdf>.

It is the student's responsibility to ensure that s/he is 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.

Plagiarism and Plagiarism Checking

Students must write their assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. *Plagiarism is a major academic offence* (see Scholastic Offence Policy in the Western Academic Calendar). All required papers and assignments may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University.

Scantron Exams

Computer-marked multiple-choice exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Rounding of Grades

This is a practice that some students request. *This practice will not occur here.* 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. Please don't ask me to do this for you.

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Support Services

There are various support services for students around campus including, but 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/>

LECTURE SCHEDULE

| DATE | WEEK | TOPIC |
|-------------|-------------|---|
| JAN 11 | 1 | Orientation Introduction to the issues |
| JAN 18 | 2 | Lifestyle psychology and the role of theory in health promotion |
| JAN 25 | 3 | Evaluating lifestyle psychology – Approaches and considerations |
| FEB 1 | 4 | Obesity etiology – What is driving the epidemic? |
| FEB 8 | 5 | Dietary behaviours and the food industry <i>Group presentation proposal due at the beginning of class (5%)</i> |
| FEB 15 | 6 | Mid-Term (30%) |
| FEB 22 | 7 | <i>Reading Week</i> |
| FEB 29 | 8 | Physical activity and sedentary behaviour |
| MAR 7 | 9 | Alcohol and drug use |
| MAR 14 | 10 | Sexual health – HPV vaccine |
| MAR 21 | 11 | Cardiovascular diseases – Smoking cessation |
| MAR 28 | 12 | Technology and social media – Friend or foe? |
| APR 4 | 13 | Group Presentations |
| APR 11 | 14 | Group Presentations |
| APR 14-30 | | Final Exam (45%) |

**Modifications to the lecture schedule are subject to change at the Instructor's discretion and will be announced in-class and/or on webct.*