

The University of Western Ontario
School of Health Studies

Health Sciences 2000B
Healthology – The Study of Health Sciences
Thursdays 9:30-11:30am
Location: SSC 2050

Instructor: Dr. Courtney Newnham
Office: Elborn College, Room 2585
Office Hours: By appointment, via email
Email: cnewnha@uwo.ca (**please include: *HS 2000b* in your subject line**)

Course TA: Patricia Versteegh
Email: pverstee@uwo.ca.
Office Hour: Thursdays 12-1pm, Elborn College, Room 2312

COURSE OVERVIEW:

This introduction to the multidisciplinary field of health sciences will engage students in learning about health from multiple perspectives. Each week, an expert will lecture on contemporary issues in health such as: aging and health; occupational health; ethical issues in health care; health and popular culture; global health issues; sexuality and health.

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.

READINGS:

Course readings will be uploaded to the course website. You are responsible for retrieving those readings prior to class.

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:

Method	Date	Grade%
Midterm Exam #1	February 7th – All readings between Jan. 10 th - Jan 31 st	30%
Midterm Exam #2	March 21 st – Readings covered between Feb 14 th – Mar. 14 th	30%
Final Exam	Scheduled during exam period (April 14 - 30) – All readings assigned throughout the course	40%

*While mid-term examinations are not cumulative, the final exam is cumulative. All exams will include material from required readings, as well as any material covered during regularly scheduled classes (including class lectures, class notes, films/videos, guest presentations, etc.).

Statement on Use of Electronic Devices

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

Professor's Responsibilities:

- Be organized and well prepared for class
- Create a supportive learning environment
- Be available to provide additional explanation or feedback
- Actively seek students' input in class and take students' arguments seriously
- Return students' assignments within a reasonable time (in most cases, 1 week) and provide feedback to help
- Assist students with developing transdisciplinary skills – critical *and* creative thinking and analysis, argument formation
- Use a variety of teaching methods and strategies to accommodate different learning styles

Student Responsibilities:

As a participant in this class, you should:

- Read and reflect upon the assigned chapter BEFORE each class
- Attend each class ready to engage with the course material
- Participate respectfully with class and/or group discussions
- Take seriously (and reflect upon) the opinions/arguments presented in your text, by your fellow students and your professor
- Thoughtfully examine everyday ('commonsense') ideas through a health lens

Attendance:

Regular attendance is critical as many classes will address material not found in the text and/or will involve thinking outside the book. If you miss a class, please make arrangements with *another student* to obtain her/his notes. For logistical reasons, films cannot be shown out of class.

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

Policy on Laptops in Class:

The University of Western Ontario acknowledges the integration of new technologies and learning methods into the curriculum. The use of laptop computers can contribute to student engagement and effective learning. However, the instructor may choose to limit the use of electronic devices during group discussions, active learning activities, films, and group activities.

If students are found using their laptops for anything other than taking notes or gathering research for their group project during tutorial (e.g. Facebook, TSN, Twitter, personal banking, Youtube, etc.) they will be asked to leave IMMEDIATELY. If misuse of laptops occurs during class time, laptops may be banned for the remainder of the class for ALL students. If it becomes an ongoing disruptive and disrespectful issue, laptops may be banned for the remainder of the course for ALL students.

Cellphones, Blackberries, and Similar Devices:

Cellphones, Blackberries, and similar devices, must be turned *OFF* (not just vibrate) during classes unless specific permission is sought for emergency purposes in a given class. Text messaging / Twittering / Facebooking etc. are NOT permitted during class. If you MUST utilize your cell phone during class time for emergency situations, you need to communicate this with the instructor BEFORE class begins. If a student is found using any of these devices in class, he or she may be asked to leave the class.

Grading scheme:

I use the format provided below for grading, which is the university-wide scale that has been approved by the Senate.

A+ 90-100 Exceptional

A 80-89 Superior work, above average.

B 70-79 Good work, meeting all requirements, and eminently satisfactory.

C 60-69 Competent work, meeting requirements.

D 50-59 Fair work, minimally acceptable.

F below 50 Fail

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.

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 10	1	Orientation Introduction to the issues
JAN 17	2	What is health?
JAN 24	3	Medicalization of everyday life
JAN 31	4	Conceptualizing lifestyle psychology
FEB 7	5	Mid-Term #1 (30%)
FEB 14	6	Obesity and Behaviour Change
FEB 21	7	<i>Reading Week</i>
FEB 28	8	Health and Aging (Patricia Versteegh)
MAR 7	9	When health is unhealthy
MAR 14	10	Alternative and Complementary Medicine (Dr. Don Morrow)
MAR 21	11	Mid-Term #2 (30%)
MAR 28	12	TDB (Dr. Jennifer Irwin)
APR 4	13	Smoking Cessation
APR 11	14	Course wrap-up
APR 14-30		Final Exam (40%)

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