

## **HS2000 a/b – The Highway to Health**

**Where? - Labatt Health Sciences Building, Room 40**  
**When? - Tuesdays, 9:30am until 11:20am**  
**Who? - Dr. Ken Kirkwood will be your guide.**  
**Why? - Because everyone needs to know something about health.**  
**How? - Read on and all will be explained...**

### **Course Schedule**

Week One: Syllabus Review/getting to know you...

Week Two: “What the health?” – What does ‘Health’ mean, and is it always a good thing?

Week Three: “Postal codes, not genetic codes” - The social determinants of health

Week Four: “Is it all in my mind? – The personal determinants of health

Week Five: “I hope I die before I get old.” - Aging

Week Six: “Can’t sleep, clown will eat me.” – Sleep

Week Seven: “The more you scratch, the more you itch” – Sexually transmitted infections

Week Eight: “My mind is gone” – Mental health & illness

Week Nine: “’tis an ill chef who cannot lick his own fingers” - Diet

Week Ten: “Just do it, doesn’t do it.” - Exercise & adherence

Week Eleven: “I wanted one bourbon, one scotch and one beer” – Substance use & abuse

Week Twelve: “Ok ok ok ok ...THIS time, I’m starting/quitting for REAL! - Change management

### **Evaluations**

**The Muddiest Point – 1% per lecture for 10 lectures (= 10%)**

**Shopping Project – 20%**

**Group Podcast – 20%**

**Self-Health Inventory – 25%**

**Narrative/Peer Review/Response – 20%**

**Twitter Participation – 5% (1% per acceptable posting)**

## Things You Should Read But Probably Won't

- 1.) **Antirequisite:** Registration in the School of Health Studies within the Faculty of Health Sciences.
- 2.) **Grading Criteria** The university-wide descriptors of the meaning of letter grades outlined as follows are approved by Senate.

A+ 90-100 One could scarcely expect better from a student at this level.  
A 80-89 Superior work which is clearly 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.

- 3.) **Due Dates**

I'll let you know when something is due. If you are late, you lose 2% on the value of the assignment per day, 7 days per week.

- 4.) **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/board/code.pdf>

- 5.) **English Proficiency for the Assignment of Grades**

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

- 6.) **Accommodation for Medical Illness or Non-Medical Absences**

[http://www.uwo.ca/univsec/handbook/appeals/accommodation\\_medical.pdf](http://www.uwo.ca/univsec/handbook/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 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.

#### 7.) 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/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf)

#### 8.) Additionally,

a. 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>).

b. 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.

9.) 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/>