

The University of Western Ontario
School of Health Studies

Health Sciences 3290A
Special Topics in Health Promotion

September-December 2014

Instructor: Dr. Tara Mantler
Email: tara.mantler@uwo.ca
Office Hours: By appointment

Date/Time: Tuesday 11:30-1:30 and Thursday 11:30-12:30

Location: TBD

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.

Course Information

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

Students are expected to prepare for the course by completing required readings prior to class. The grade for this course will be comprised of a midterm examination, group presentation, and final examination. The group presentation will consist of the preparation of a health communication plan related to a current topic in health. Finally, the midterm and final examinations will consist of multiple choice questions from readings and lectures.

Course Materials

You are responsible for reading materials provided in class 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.

Evaluation

Your grade will be calculated according to the following breakdown:

EVALUATION: Method	Date	Grade
Mid-term Exam (in-class)	Oct 28	25%
Major Group Assignment	Nov 18-Dec 2	20%
Minor Group Assignments	Sept 30 – Nov 11	15%
Final Exam	Scheduled during exam period (December 6-17)	40%

Mid Term Exam – 25%

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 discuss 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.

Major Group Assignment - 20%

In teams consisting of four people, your group will be required to identify and assess a current health promotion issue in a Canadian context. As part of this process, your team will investigate and determine collaboratively: what different types of health promotion-based interventions have been implemented to address your topic; what the status of the research is now; and what gaps still exist/what needs to occur in the future in order to alleviate the burden or impact of your current issue on the health of individuals.

You will provide a 20-30 minute, in-class presentation where all members of your group will be expected to participate. The purpose of the oral presentation is to enable your group to provide evidence-based insights on a particular issue substantiated by class material and your own research, and lead the class in an engaging discussion pertaining to the central tenets of your findings. Time will be provided during class to work on these assignments with your group members; in service of your teammates and individual contributions, attending class is expected.

Through this experience, you will:

- Examine a salient issue in health promotion critically, while considering multiple viewpoints and contributing factors
- Demonstrate collaboratively, your understanding of course-related concepts by applying them to your particular issue or topic
- Learn to develop a rationale for examining a particular topic based on a subset of published research evidence
- Develop important interpersonal, oral presentation/teaching, and team building skills
- Examining the intersectionality of the health promotion topic within the context of discussions from class

*** See course website for more information on the requirements and the grading scheme.

Minor Group Assignments- 15%

In teams of four people, your group will identify a current Canadian health promotion strategy/intervention within the assigned area and investigate: 1) the core components of the strategy/intervention; 2) the theoretical underpinnings; 3) current state of implementation/monitoring; 4) critically appraise the merits of the intervention in relation to context (social, political, financial, time, etc), accessibility, audience/population, outcomes, impact; and 5) future recommendations for the program. A sign-up sheet will be provided the first day of class and dates as well as strategies/interventions will be on a first come/first serve basis.

Each group will provide a 10 minute in-class presentation where all members of your group are expected to participate. In addition each group will submit their electronic presentation to Dr. Mantler prior to the presentation, complete with a reference slide with a minimum of 3 scholarly articles.

Through this experience, you will:

- Examine current health promotion strategies/interventions in the Canadian context
- Critically appraise the components, approach, and impact of the strategy/intervention
- Develop evidence-based recommendations to enhance the health promotion strategy/intervention

***Students will be expected to sign up to complete 3 of the 5 minor group assignments (with each assignment worth 5%). See course website for more information on the requirements and the grading scheme.

Final Exam – 40%

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.

Lecture and Reading Schedule

Date	Topic	Reading
Sept 4	➤ Introduction	None.
Sept 9 & 11	➤ Role of Theory in Health Promotion ➤ The Prevention Paradox	Assigned in Class.
Sept 16 & 18	➤ Responsibilities for Health ➤ Setting for Health Promotion	None.
Sept 23 & 25	➤ Evaluation of Health Promotion Interventions ➤ Obesity Epidemic	Assigned in Class.
Sept 30 & Oct 2	➤ Obesity Epidemic ➤ Alcohol and Illicit Drug Use	Assigned in Class.
Oct 7 & 9	➤ Alcohol and Illicit Drug Use ➤ Smoking and Tobacco Control	Assigned in Class.
Oct 14 & 16	➤ Smoking and Tobacco Control ➤ Sexual Health	Assigned in Class.
Oct 21 & 23	➤ Sexual Health ➤ Group Work	Assigned in Class.
Oct 28	Midterm	
Nov 4 & 6	➤ Group Work ➤ Intimate Partner Violence	Assigned in Class.
Nov 11 & 13	➤ Intimate Partner Violence ➤ Group Work	Assigned in Class.
Nov 18 & 20	➤ Group Presentations	None.
Nov 25 & 27	➤ Group Presentations	None.
Dec 2	➤ Group Presentations/ Wrap Up	None.

Statement on Use of Electronic Devices

Electronic devices in service of learning will be permitted in the classroom; however, cell-phone use is prohibited. Moreover, electronic devices will not be allowed during examinations.

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/board/code.pdf>.

English Proficiency for the Assignment of Grades

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

Accommodation for Medical Illness or Non-Medical Absences

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.

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 .

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/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/>