

The University of Western Ontario
School of Health Studies

Health Sciences HS2000A
The Highway to Health

Fall 2017

Instructor: Dr. K. Kirkwood @KennethKirkwood, @Hiway2health
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Office Room Number: Labatt Health Sciences Building #211
Office Hours: To be determined democratically

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.

It's optional to list prerequisites and/or anti-requisites or you could refer the student to the current Western Academic Calendar at www.westerncalendar.uwo.ca.

Course Information

Everyone needs to know more about health. With so much misinformation and “fake news” about health, we need to review the basics as well as look to where research is taking us. Health seems simple, its understanding health and what is involved that is infinitely difficult.

Course Readings & Materials

Available on OWL. There is no textbook.

Course Topics

Week 1: Introductions, Syllabus review & Q & A.

Week 2: What the health is health anyway?

Week 3: Postal codes, not genetic codes

Week 4: Trauma & Abuse (warning: intense lecture material and topic)

Week 5: Got sleep?

Week 6: Got dope?

Week 7: Got booze?

Week 8: All you can eat...

Week 9: Just do it, doesn't do it

Week 10: Mental health @ University

Week 11: Sex & Relationships

Week 12: Dealing with death

Evaluations – THERE IS NO FINAL EXAM.

5% - Twitter Participation (each student must tweet to @Hiway2health and @Westernu and use #Westernu)

- . 10 unique tweets
- . Maximum 5 links, at least 5 original thoughts or comments on health
- . 1/2 mark per tweet (10 tweets = 5 marks)

Must be completed by December 1st at 11:59pm

15% - Three minute papers

- . At the conclusion of 5 classes, you will be asked to answer a question posed in class with a three-minute time limit.

No submission of a paper means a loss of 3%. You may submit a written paper in class or email to OWL within the time limit. Late submissions are worth 0%.

Due in class on prescribed days. Dates TBA.

20% - Food Security Project

- You will be provided with a grocery list for an adult woman and young child that is Canada Food Guide compliant. You and your group (1 or more students) will price out the list and then analyze your findings in the context of the accessibility of health foods, and the socio-economic implications for Canadians and their public health.

15% - Personal Health Improvement Project

. In diary fashion, for each week of class, you will submit a weekly diary of a specific health behaviour modification you have adopted.

. This a participation assignment. As such, offering answers to 4 specific questions each week, will constitute 15%. Failure to complete the project will result in an assignment grade of 0%

Due on OWL on the Tuesday of each week, beginning on September 20th and ending on December 6th.

45% - Video assignment: What is a serious health issue on campus today?

- * You may do this in groups of any size, or alone.

- * Create a video that:

- * Makes the case that your case is a serious health issue

- * Verifies it in some way (survey/expert opinion/interviews)

- * Explains what might be done to minimize the prevalence or the harm

- * Provide a link to it for submission purposes, but also “Tweet” the link on @Hiway2health

Due on November 15th by 11:55pm. This due date is for official submission only, Twitter linking can happen later.

Please note: Missing the submission deadline for any reason other than compassionate or medical reasons approved by an academic counsellor will be assessed with a grade of 0.0%. So, in short, if it is late, don't bother submitting it.