COURSE DESCRIPTION

This course focuses on health and wellness with an emphasis on increasing knowledge and awareness of a wide variety of health-related topics, as well as on improving individual health.

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Self-care is a critical component of health and wellness, and will be discussed in detail in this course.

Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western’s Campus Recreation Centre as part of their registration fees.

Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (http://www.music.uwo.ca/), or the McIntosh Gallery (http://www.mcintoshgallery.ca/).

Further information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca.

If you are in emotional or mental distress should refer to Mental Health@Western (http://www.uwo.ca/uwocom/mentalhealth) for a complete list of options about how to obtain help.

LEARNING OUTCOMES

By the end of this course, students should be able to:

- Name and describe key concepts related to those aspects of personal determinants of health covered in the course.
- Discuss and paraphrase key concepts through participation in class discussions.
- Demonstrate knowledge gained and level of comprehension achieved through memorization and recall of key concepts covered in the course.

Antirequisite: The former Health Sciences 1000.
COURSE INFORMATION

Instructor: Dr. Marnie Wedlake, PhD, RP
Email: mwedlak@uwo.ca  (*Please contact me using this email address only.*)
Office: HSB 220

Day & Time of Lectures: Tuesdays, from 6:30pm to 9:30pm (*Class attendance is required.*)

Location of Lectures: HSB 236

Office Hours: TBA

Teaching Assistant(s): TBA

Course Website: https://owl.uwo.ca


*Please refrain from purchasing the course text (new OR used) until after the first day of class. During the first week of classes, a representative from McGraw-Hill Ryerson will speak to the class about purchasing options and the use of the course/textbook website.*

Assigned Readings and Other Course Materials: Readings will be assigned for each topic of the course. Required readings will include selected chapters or pages from the course textbook, and from other sources as well. Other sources might include grey literature, popular press articles, website content, etc. Readings assigned will correspond to the lecture topic. Additional readings may be assigned at any time, and will be posted on the course website. Students are responsible for the content covered in all assigned readings.

LIST OF COURSE TOPICS & READINGS:

As noted, additional readings may be assigned at any time.

**TOPIC 1:** Introduction: Taking Charge of Your Health. Core Concepts in Health: Chapter 1 (pp. 2-39) Reading: Belluz, J. (2012). Good science vs. bad science. Macleans.ca (http://www2.macleans.ca/2013/01/10/good-science-vs-bad-science/)

**TOPIC 2:** Psychological Health. Core Concepts in Health: Chapter 2 (pp. 40-79)

**TOPIC 3:** Stress: The Constant Challenge. Core Concepts in Health: Chapter 3 (pp. 80-117)

**TOPIC 4:** Weight Management. Core Concepts in Health: Chapter 4 (pp. 118-163)

TOPIC 6: Exercise for Health and Fitness. Core Concepts in Health: Chapter 6 (pp. 226-267)

TOPIC 7: Meditation, Yoga and Mindfullness Practices for Health. Readings TBA

TOPIC 8: Drug Abuse and Addiction. Core Concepts in Health: Chapter 14 (pp. 568-607)


TOPIC 11: Dying and Death. Core Concepts in Health: Chapter 18 (pp. 712-744)

TOPIC 12: Conventional and Complementary Medicine. Core Concepts in Health: Chapter 19 (pp. 744-778)

TOPIC 13: Environmental Health. ON CONNECT Core Concepts in Health: Chapter 21 (pp. 826-861)

EVALUATION:

Evaluation for this course consists of 3 examinations: 2 mid-term exams and 1 final exam. **Every student must complete all 3 examinations.**

Each of the 2 mid-term exams is worth 30% of the final grade.
The final exam is worth 40% of the final grade.

The first mid-term exam will take place (during class time) on **Tuesday February 5th 2019.**
The second mid-term exam will take place (during class time) on **Tuesday March 5th 2019.**
The third, and final, exam will be scheduled by the Registrar’s Office.

***Locations for the mid-term exams will be announced in class and on OWL prior to the exams.***
PLEASE NOTE THE FOLLOWING:

- Mid-term examinations are not cumulative. However, the final exam is cumulative.
- 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.
- Makeup exams will be different from those originally scheduled, and may include written and/or short answer questions.
- Examinable materials may include any content covered/presented in classes (lecture content, videos, etc), readings from the textbook, and any other assigned readings.

GENERAL COURSE NOTES

Regarding the Use of Plagiarism Checking Software:
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)

On the Use of Electronic Devices:
During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Statement on Academic 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 Web site: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf
Accommodation for illness:
https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.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:
http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf

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.

Support Services, as follows:
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/

Your Mental Health and Wellbeing:
This course deals with very serious issues in the area of mental health, some of which may be distressing for some students. Please speak with me, or your academic counselor, if you have any concerns about your own mental health and wellbeing in relation to course content. Western University has excellent Mental Health and Wellbeing services available for students in need of additional guidance and support in this area. See Western’s Health and Wellness information webpage at http://www.uwo.ca/health/ if you desire more information on this topic.
On Health and Wellness:
As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western’s Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (http://www.music.uwo.ca/), or the McIntosh Gallery (http://www.mcintoshgallery.ca/). Further information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca/.

If you are in emotional or mental distress should refer to Mental Health@Western http://www.uwo.ca/uwocom/mentalhealth/ for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://uwo.ca/health/mental_wellbeing/education/module.html.

School of Health Studies Grade Policy
It is expected that the grades for this course will fall between 68% and 72%. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student’s grade, by the instructor, to bring the class average in line with school policy.

The university-wide descriptor of the meaning of letter grades, as approved by Senate:
A+ 90-100 - One could scarcely expect better from a student at this level.
A 80-89 - Superior work that 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.