

The University of Western Ontario
School of Health Studies
Health Sciences HS2000
Highway to Health

Fall 2018

Instructor: Dr. Ken Kirkwood
Email: kkirkwo2@uwo.ca (*check out my email policy in the policies below)
Office: Labatt HSB #211
Office Hours: TBA

Classes: Tuesdays, 9:30-11:30am; room TBA

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

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 – but it’s understanding what health is and what is involved that is infinitely difficult. The purpose of this course is to encourage us to become more critical thinkers about what health is and why we think it is so valuable and good.

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

Course Materials

Course-packed Readings

Evaluations

- 1.) Twitter Postings (5 tweets for 5%)
- 2.) Personal Health Improvement Plan (5%) Due: December 7th
- 3.) Health Topic Video (45%) Due: October 12th (submitted to OWL)
- 4.) Final Examination – 2 hours (45%) Multiple choice. Date: TBA

Please note that the late penalty for the essay is a loss of 5% per day. Missing an examination for acceptable reasons must involve consultations with the Academic Counsellors. In the event of a missed examination, a make-up exam will be administered.

Email Policy

- I dedicate a specific hour each day (Monday-Friday) to answering only emails from this particular class. In this way, I can respond to emails on a regular basis within a reasonable timeframe. It also helps because you folks can know that the lack of an immediate response outside of email hours does not mean your email was forgotten or lost.
- I will announce and post this time on OWL, for your reference.

Statement on 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.

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 Web site:
http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf
- 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>)

Accommodations

- 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.

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf

- 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.

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/>

- 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.

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

It is expected that the grades for this course will fall between 72-76%. 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.

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