

THE UNIVERSITY OF WESTERN ONTARIO
LONDON, CANADA
School of Health Studies
Health Sciences 4996G/ Health Studies Practicum

COURSE DESCRIPTION

Students will create and participate in practica in the areas of senior exercise and lifestyle, physical activity and rehabilitation, health policy, health promotion, health equity, nutrition, and mental health and wellness, or other areas as appropriate. Practica are developed together with the student, a practicum supervisor who provides direct supervision, and the faculty instructor. Essay-type assessment is one of the evaluative components of the course. Practicum hours are coordinated by the practicum supervisor, as required by the organization. On average, 6 to 8 hours per week are expected, although this may vary substantially from week to week.

Prerequisites: Enrolment in the fourth year of an Honors Specialization in the School of Health Studies. Application required.

Antirequisites: The former Health Sciences 4900E, the former Health Sciences 4910F/G.

Note regarding 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

Faculty Instructor: Dr. Carla Silva

Arthur and Sonia Labatt Health Sciences Building (HSB), Room 345

csilva42@uwo.ca (please, use the Owl message system for communication on this course)

Office Hours: Friday 2-4 pm (you will be able to book a meeting outside the office hours, if necessary)

Experiential Learning and Placement Coordinator: Lisa Metselaar

Arthur and Sonia Labatt Health Sciences Building (HSB), Room 219

lmetsela@uwo.ca

Office hours: TBA

TAs may be assigned to assist in this course.

TEXTBOOKS

There are no required readings of any kind for this course, other than readings that are provided by your practicum supervisor and the academic texts you find relevant to develop your reflection logs.

COURSE OBJECTIVES

In this course, you will create and participate in a practicum in the areas of senior exercise and lifestyle, physical activity and rehabilitation, health policy, health promotion, health equity, nutrition, and mental health and wellness, or other areas as appropriate with the objective of offering you the opportunity to:

1. Gain practical experience in a real-world professional field relevant to your area of studies;
2. Reflect on the application of academic knowledge to practice;
3. Assess the work placement experience in terms of personal, academic, and professional development.

LEARNING OUTCOMES

Upon completion of this course, you will be able to:

1. Describe your experiences working in a real-world professional setting;
2. Critically reflect on your personal, academic, and professional growth and development through the field experience;
3. Apply knowledge to practice in a real-world environment;
4. Determine best practices for effectively addressing professional issues in the field.

As described in this course outline, your grade in this course is based on multiple components, including the creation of a learning contract, writing of reflective logs, creation of a zine and participation in a final event with your peers, final reflective paper, and practicum supervisor evaluation of your performance.

METHODS OF EVALUATION

| Assignment | Submission date (OWL) | % |
|---|---|-----|
| 1. Learning contract | 25 th January | 5% |
| 2. Reflective log | 1 st February | 5% |
| 3. Reflective log | 15 th February | 5% |
| 4. Reflective log | 14 th March | 10% |
| 5. Zine+ Participation in the final event | 26 th March | 10% |
| 6. Final Reflective paper | 31 st March | 25% |
| 7. Practicum Supervisor Evaluation | <i>request sent (by the faculty instructor) by 2020.03.30</i> | 40% |

All the assignments are to be submitted using OWL, by the end of the day (11.00 pm).

1. *Personal learning contract.* You are responsible for submitting a learning contract (template available on OWL) to the faculty instructor that indicates the learning goals and plan for the practicum, created in consultation with your practicum supervisor. This assignment must be submitted through the assignment tool in OWL, **no later than 11.00 pm on 2020.01.25** and will be between **700 and 800 words in length**). This document is a brief description of the plan of action for your practicum experience. Understandably, the objectives may change throughout the practicum. If so, document and discuss them with your practicum supervisor. It is not necessary

to re-submit the learning contract should your plans change but you should refer to these changes in your final reflective paper.

2. *Reflective logs.* For you to learn from the placement experience in a meaningful and in-depth manner, it is essential for you to reflect continuously on this experience. This reflection started with the production of your learning contract. To evidence that continuous process, you are also required to submit three reflective logs throughout the term, in each of which you will:
 - a) reflect upon a meaningful event/experience occurred during your placement
 - b) report on an academic source which helped you make sense of that event and
 - c) report on your participation in the practicum group online discussions.

In OWL, you will find a resource to help you write your reflective logs. All the submission dates/times for the logs are as indicated in the previous table. The required length for **each** reflective log is between **800 and 1000 words**.

5. *Zine+ participation in final practicum event.* You are required to represent your practicum experience creatively by producing a Zine. A *Zine* is an informal and personal small booklet in which you can creatively but reflectively represent the most meaningful experiences related to your placement experience (a Zine resource on OWL will help you with this. Our mid-term meeting will assist you in creating the first draft of your zine). For now, if you are curious about zines, go to [how to make a zine](#) from [nicki sabalu](#) on [Vimeo](#), or for a more detailed explanation in a zine form see [Davida's MetaZine: The History and a How-To of Zines Presentation](#). You will be required to present your zine to your peers in the practicum final event (26th March, date to be confirmed). You will be required to submit your Zine as a pdf file through the assignment tool in OWL **no later than 11.00 pm on 2020.03.26**.
6. *Final reflective paper.* You are required to submit a final reflective paper in which you provide an overall reflection on your practicum experience. This document will include:
 - a) Reflection on the learning gained and its impact on you and your work context;
 - b) Reflection on the experience of creating and sharing a zine with a community of peers.

On OWL, you will find a resource to help you write your final reflective paper. This assignment must be submitted through the assignment tool in OWL, **no later than 11.00 pm on 2020.03.31** and will be between **1000 and 1300 words in length**.

Formatting: The word count for all assignments exclude the references and title page, if included. Documents should be double-spaced and formatted using a font size no smaller than 12 points. Referencing should follow the APA guidelines.

NOTE: 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>).

LATE POLICY

All assignments are due on the date and at the time indicated. Late assignments will be penalized at a rate of **1% for each hour** after the deadline. No assignments will be accepted more than four days late.

TENTATIVE COURSE SCHEDULE

| | Focus/ Event |
|---|---|
| Week starting on the 6 th of January. (Date and room to be announced on OWL) | 1 st Practicum meeting with the faculty instructor, the placement coordinator, and peers. What is a practicum course? Duties and responsibilities. Expectations. Q&A. |
| 25 th January | Submission of the Learning Contract. |
| 1 st February | Submission of the 1 st reflective log. |
| 15 th February | Submission of the 2 nd reflective log. |
| 22 nd February | 15% of the mark to be communicated to students. |
| Week starting on the 24 th February (Date and room to be announced on OWL) | 2 nd Practicum meeting with the faculty instructor, the placement coordinator, and peers. General feedback on the reflective logs. Creation of a zine. Discussion with peers. Q&A. |
| 14 th March | Submission of the 3 rd reflective log. |
| 26 th March | Zine Submission. Final practicum event (date to be confirmed). Zine sharing. |
| 31 st March | Submission of final reflective paper. |

GENERAL COURSE NOTES

Student Code of Conduct

You are expected to comply with the Code of Student Conduct at all times within the classroom, and when dealing with members of the instructional team. The purpose of this Code is to define the general standard of conduct expected of students registered at Western University, 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/pdf/board/code.pdf>.

Course Website

The OWL website will function as the privileged space for communication between all participants in this course. Important resources, dates and announcements will be posted regularly, so please check this space weekly.

Communication with Faculty Instructor

Please use the OWL mail system to communicate with your faculty instructor on issues related to this course or to book a meeting outside of the office hours. These will be answered these twice/ week, so do not expect an immediate reply.

Communication with Placement Coordinator

The placement coordinator is available by email to answer questions regarding the logistics of your practicum placement. All academic questions must be directed to the faculty instructor. The placement coordinator will also hold scheduled office hours for student meetings.

Grade Adjustments

Final grades in this course will be taken to the closest integer (i.e., I will “round off” decimals). I will not, under any circumstances, “bump up” your grade (i.e., to facilitate professional school applications etc.). This includes grades that end in a “9”. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, or ‘giving away’ of marks. Please don’t ask me to do this for you; the response will be “please review the course outline where this is presented”.

Academic consideration

The University recognizes that a student’s ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) *Submitting a Self-Reported Absence form, provided that the conditions for submission are met;***
- (ii) *For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration;*
*or***
- (iii) *For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.***

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;

- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;
- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- **Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities.**

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;
- b. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;
- c. The duration of the excused absence will terminate prior to the end of the 48-hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;
- d. The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;
- e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., “bellringers”);
- f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfill the academic expectations they may have missed.

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

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/>

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.