

**Western University
Faculty of Health Sciences
School of Health Studies**

**HS 1001A – Personal Determinants of Health
Intersession 2021**

Instructor: Dr. Ben Kajaste Office: n/a Email: mailto:bkajaste@uwo.ca Phone: 519/661-2111 x n/a Office Hrs: By appointment (virtual) TAs: n/a	Lectures: Posted on OWL Instruction Mode: Online (asynchronous)
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NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description (including prerequisites/anti-requisites): 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.

Antirequisite(s): The former Health Sciences 1000.

Prerequisite(s): n/a

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Course Description: The purpose of the course is to introduce students to the constructs of health and wellness from a personal perspective. The course covers a range of health-related topics related to personal health and wellness, with a particular emphasis on increasing knowledge, awareness, and improving individual health.

Required Course Material/Text: (mandatory)

Revel for *Personal Health and Fitness* -- Access Card

Angela M Kolen

ISBN-13: 9780135352311

This selected text will be delivered through the REVEL platform, which features integrated chapter quizzes. Please acquire the digital version

Learning Outcomes:

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

1. Define health & wellness and their contributing factors
2. Recognize how personal values, attitudes and behaviours influence health
3. Analyze factors that influence mental health and wellness
4. Identify opportunities to create a physically active lifestyle
5. Employ the FITT principal to design physical activity programs
6. Understand the importance and value of healthy eating
7. Recognize the relationships between body image, dieting, and eating disorders
8. Describe the factors that contribute to obesity
9. Comprehend the benefits of positive relationships and the detriments of negative ones
10. Evaluate the effects of alcohol, caffeine, cannabis, and other drugs on personal wellness

Tentative Schedule / Important Dates:

We will attempt to cover one chapter from the text per day, online Revel sectional & chapter quizzes are due by 11pm EST on the following business day for each chapter covered.

Chapters intended to be covered include...

May 10th: Introduction / Syllabus / Registration

May 11th: Chapter 1, Embracing Health & Wellness

May 12th: Chapter 2, Discovering Personal Approaches for Healthier Living

May 13th: Chapter 3, Promoting Mental Health

May 14th: Chapter 4, Creating a Physically Active Lifestyle

May 17th: Chapter 5, Learning about Physical Fitness

May 18th: Chapter 6, Understanding Nutrition for Health & Wellness

May 19th: Chapter 7, Understanding Body Image, Dieting & Eating Disorders

May 20th: Chapter 8, Recognizing Overweight & Obesity

May 21st: Chapter 9, Appreciating Relationships

May 24th: Victoria Day (statutory holiday, no lecture)

May 25th: Chapter 10, Reflecting on Sexuality

May 26th: Chapter 11, Evaluating the use of Alcohol, Caffeine, other Drugs, & Cannabis

May 27th: Study / review day

May 28th: Final exam, online, asynchronous

Course Evaluation:

Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances with documentation. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness, or death) or similar circumstances. These will be dealt with on a case by case basis.

1. Revel Chapter/Module online Quizzes: All sectional and end of chapter quizzes per chapter covered in the text. Marks from each quiz will be cumulative and translate to 50% of course grade.

2. The Final Examination (50% of course grade) date is May 28th, 2021 and will be asynchronous. It will be a combination of multiple choice & short answer questions from the text and lecture material.

Notes

1. Over the course of intersession, we will attempt to cover the material indicated. It is possible that we might not complete the suggested material, or that additional material may be added.
2. Lectures will be developed with the textbook as the primary source, but additional material will be included; slides with accompanying lecture audio will be posted on OWL.
3. The learning objectives associated with each section are designed to assist the student in focusing their reading and effort. The topics to be discussed cannot be considered exclusive however, and the student is responsible for all material covered.
4. Exam periods have been selected to conflict as little as possible with other scheduled classes. Please report any known potential conflicts as soon as possible. Exams have been scheduled well in advance, hence, only emergencies will be accepted as valid reasons to miss a scheduled exam. As a general policy, the instructor will not entertain any questions within a one day period before the day of a scheduled exam. Please note that computer software may be employed to check for unusual coincidences in answer patterns that may indicate cheating on multiple choice exams.

Course/University Policies

1. 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.
2. 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>)
3. 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.
4. 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.
5. 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.

6. 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;
 - g. 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 fulfil the academic expectations they may have missed
7. 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: [Academic Calendar - Western University \(uwo.ca\)](http://www.uwo.ca/academiccalendar/)

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre – www.academicssupport.uwo.ca
2. Student Health – <https://www.uwo.ca/health/>
3. Registrar’s Office -- <http://www.registrar.uwo.ca/>
4. Ombud’s 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://mcintoshgallery.ca/>). Further information regarding health and wellness-related services available to students may be found at [Health & Wellness - Western University \(uwo.ca\)](http://www.uwo.ca/healthandwellness/).

If you are in emotional or mental distress, please visit Western Psychological Services (<https://www.uwo.ca/health/psych>) for a list of options for obtaining help.

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 68-72 on average. 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.

Year 1: 68-72

Year 2: 70-74 (core) and 72-76 (elective)

Year 3: 72-76 (core) and 74-78 (elective)

Year 4: 74-80