Online Course Format:
Two-Hour Lecture Posted Online Each Week (Asynchronous)
Tutorials (In-Person and/or Online; Synchronous*):
  Tuesday: 11:30am – 12:30pm, 4:30pm – 5:30pm, 5:30pm – 6:30pm
  Wednesday: 9:30am – 10:30am, 1:30pm – 2:30pm, 5:30pm – 6:30pm
  Thursday: 8:30am – 9:30am, 1:30pm – 2:30pm, 4:30pm – 5:30pm
  Friday: 10:30am – 11:30am
*You will assigned to only one of these weekly tutorial sessions

Course Instructor:
Dr. Shauna Burke (sburke9@uwo.ca)
Online Office Hours: Thursdays 11am – 12pm
Course Information
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. Students are expected to review all online lectures, and to: (a) attend and participate in weekly tutorials; (b) complete two mid-term evaluations; (c) complete 9 textbook (Connect) assignments; and (d) write a final examination.

As part of a successful undergraduate experience at Western, we encourage you to make 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 and online health-related services to help you achieve optimum health and wellness while pursuing your degree. Further information regarding the 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 Mental Health Support - Health & Wellness - Western University (uwo.ca) for a complete list of options available at Western or Thames Valley Family Services (https://www.familyservicethamesvalley.com/), a trusted provider within the community. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: Health & Wellness - Western University (uwo.ca). Students are also encouraged to access local health and wellness resources within their home communities.

Course Materials
Required Readings: Students will be assigned several readings throughout the duration of the course. These readings correspond to the lecture topics and will be identified online each week and on the course syllabus (located by logging in to OWL). Additional readings may be posted on the course website at any time. Students are responsible for the content of all required readings.


Students can purchase the Connect [Digital only] version, OR the Print text, packaged with Connect, through the Western University Book Store website using the following link: https://bookstore.uwo.ca/textbook-search?campus=UWO&term=W2021A&courses%5B0%5D=001_UW/HTH1001A

*Please note that this is a NEW edition of the course text; thus, previous versions of the text (i.e., 1st and 2nd editions) are not recommended. Also, as noted above, CONNECT—the online resource for this text—is required for this course.

Additional Readings (Twitter): Additional readings related to course content, or health and wellness more generally, may be “tweeted” throughout the course (@ShaunaMBurke). Please note that these readings may or may not supplement course material and are for interest/informational purposes only; they are NOT required readings. Questions related to the course will not be answered via Twitter, or any other form of social media.
**Course Topics:** All course lectures (including information shared by guest speakers), videos, and required readings will focus on the following topics/units. This lecture timetable is subject to change, as needed, throughout the course.

<table>
<thead>
<tr>
<th>Week 1: Course Introduction</th>
<th>Week 2: Taking Charge of Your Health</th>
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<tbody>
<tr>
<td>Reading: Course Outline</td>
<td>Reading: Core Concepts in Health, Chapter 1 (pp. 2-43)</td>
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<td></td>
<td><strong>SmartBook Assignment (Ch 1): Due Sept 20, 2021</strong></td>
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<tr>
<td>Week 3: Psychological Health</td>
<td>Week 4: Stress: The Constant Challenge</td>
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<tr>
<td>Reading: Core Concepts in Health, Chapter 2 (pp. 44-89)</td>
<td>Reading: Core Concepts in Health, Chapter 3 (pp. 90-129)</td>
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<td><strong>SmartBook Assignment (Ch 2): Due Sept 27, 2021</strong></td>
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<td><strong>SmartBook Assignment (Ch 3): Due Oct 4, 2021</strong></td>
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<tr>
<td>Week 5: MID-TERM EXAM #1 – OCTOBER 5, 2021 (*No tutorials this week)</td>
<td>Week 6: Weight Management and Childhood Obesity</td>
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<tr>
<td></td>
<td>Reading: Core Concepts in Health, Chapter 4 (pp. 130-179)</td>
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<td></td>
<td><strong>SmartBook Assignment (Ch 4): Due Oct 18, 2021</strong></td>
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<tr>
<td>Week 7: Nutrition Basics</td>
<td>Week 8: Health and Nutrition for Infants: The Benefits of Breastfeeding</td>
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<tr>
<td>Reading: Core Concepts in Health, Chapter 5 (pp. 180-245)</td>
<td>Reading: Core Concepts in Health, Chapter 12 (pp. 563-564)</td>
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<td><strong>SmartBook Assignment (Ch 5): Due Oct 25, 2021</strong></td>
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<td><strong>SmartBook Assignment (Ch 12): Due Nov 8, 2021 (after Reading Week)</strong></td>
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<tr>
<td>Week 9:</td>
<td>Week 10: MID-TERM EXAM #2 – NOVEMBER 9, 2021 (*No tutorials this week)</td>
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<tr>
<td>--- FALL READING WEEK ---</td>
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Week 11: Cancer
Reading: Core Concepts in Health, Chapter 8 (pp. 340-389)
Guest Instructor: Lorna Larsen, Team Shan
*SmartBook Assignment (Ch 8): Due Nov 22, 2021

Week 12: Drug Use and Addiction
Reading: Core Concepts in Health, Chapter 14 (pp. 606-653)
*SmartBook Assignment (Ch 14): Due Nov 29, 2021

Week 13: The Responsible Use of Alcohol
Reading: Core Concepts in Health, Chapter 15 (pp. 654-693)
*SmartBook Assignment (Ch 15): Due Dec 6, 2021

Tutorials
Tutorials will begin the week of September 21-24, 2021 and end the week of November 30 - December 3, 2021. You will be assigned to one weekly 60-minute tutorial session, which will be held online and/or in-person (you will be notified of which format at least one week in advance via OWL announcements and postings). Tutorial discussion topics will vary, and will relate to topics discussed during the asynchronous lectures, Connect (e.g., SmartBook) activities, and/or other learning activities that will be identified each week. Students should come prepared to tutorials each week; students will be graded based on tutorial attendance and participation (see the Evaluation section below).

Online Tutorials and Use of Recordings
When and if synchronous online tutorials for this course are held (in place of in-person tutorials), they will be recorded. The data captured during these recordings may include your image, voice recordings, chat logs and personal identifiers (name displayed on the screen). The recordings will be used for educational purposes related to this course. The recordings will not be posted on the course OWL site, but may be disclosed to other individuals under special circumstances. Please contact the instructor if you have any concerns related to session recordings. Participants in this course are not permitted to record the sessions, except where recording is an approved accommodation, or the participant has the prior written permission of the instructor.

Evaluation
Each student must attend and participate in tutorials, complete two online mid-term examinations, 9 SmartBook (Connect-based) assignments, and one final examination. The first mid-term examination is scheduled for Tuesday October 5, 2021 and the second mid-term examination is scheduled for Tuesday November 9, 2021. *There will be NO tutorials held on the weeks of the mid-term examinations.
Information about the mid-term exams will be posted on OWL prior to the exams.
Exams

*Please note that the mid-term assessments on October 5 and November 9 will be completed online and are expected to take no more than 2 hours to complete. All students will be allotted a 5-hour window to complete the 2-hour timed exam. Students with approved accommodations will be granted extra time as necessary.*

The final exam in December will be scheduled by the Registrars Office at a later date and it is strongly recommended that students do not plan holidays/vacations until the Registrars Office publishes the final exam schedule.

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Percentage</th>
<th>Readings Included (if applicable)</th>
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<tbody>
<tr>
<td>Mid-Term Exam #1</td>
<td>30.5%</td>
<td>All readings assigned prior to Oct 5</td>
</tr>
<tr>
<td>Mid-Term Exam #2</td>
<td>30.5%</td>
<td>All readings assigned after Oct 5 and before Nov 9</td>
</tr>
<tr>
<td>SmartBook Assignments</td>
<td>4%</td>
<td>Readings specific to 9 course topics (.5% x 8 best scores)</td>
</tr>
<tr>
<td>Tutorial Attendance &amp;</td>
<td>10%</td>
<td>Weekly readings and activities will be discussed during tutorials; students are expected to arrive prepared.</td>
</tr>
<tr>
<td>Participation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Final Exam</td>
<td>25%</td>
<td>All readings* assigned throughout the course</td>
</tr>
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</table>

*While mid-term examinations are not cumulative, the final exam is cumulative. All exams will include material from the textbook and other required readings, as well as any material covered in the lectures (e.g., lecture notes, films/videos, guest presentations, etc.) and through the learning activities.

*Please note that 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.*

SmartBook Assignments

Smartbook assignments will account for a total of 4% of your final mark. Smartbook assignments are organized for only the course topics/units that are linked to chapters from the textbook. This means that you will have 9 textbook chapters that will be used as the basis for Smartbook Assignments (these units and chapters are noted in the weekly course overview above). *Only your top 8 (out of 9 possible) scores will be used, for a total of 4% of your final grade (.5% each).* It is recommended that you complete each assignment prior to the weekly tutorials. You should expect to spend up to 90 minutes working on each Smartbook assignment, although the times will vary.

You are expected to read the associated textbook chapters before working on the Smartbook assignments. Reading the textbook chapters thoroughly with detailed notes can help you in completing these assignments, and will also help to prepare you for the mid-term and final exams.

Additionally, Smartbook assignments are ‘smart’: the system can detect your confidence level on the contents. There is a ‘forced pause’ function embedded. This function is only activated when you repeatedly answer questions incorrectly, prompting you to access the course material before continuing.
More details are:

- When you get 2 questions (or more) in a row incorrect, before you may continue to the next question, you must click the resource link button that is below the question. This will take you directly to the highlighted section of SmartBook where the question is addressed. This is meant to provide a direct association to the course material and give you the opportunity to self-correct.

- If you provide an incorrect response again (i.e., 3+ wrong in a row), the forced pause will continue.

- Once you provide a correct response, the system resets to two questions in a row before a forced pause occurs.

Tutorial Attendance and Participation
In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes. Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attending tutorials, but active engagement in them, including (for example) contributing meaningfully to group discussions, and a demonstrated effort to prepare by completing assigned readings and following the instructor’s and TA’s guidelines. Students who miss tutorials, or parts of them, are responsible for the material they have missed. Instructors and TAs are not obliged to review the contents of missed tutorials or lectures. Persistent absenteeism may have serious repercussions and may result in you failing this course.

Makeup Exams
You must have a valid medical or compassionate reason for missing a scheduled examination, and documentation for your absence must be filed with the main office of the School of Health Studies (please see “Additional Statements” section below for information pertaining to academic consideration for medical illness or non-medical absences).

Following receipt of approved accommodation from the counselling office, a makeup examination will be scheduled within one week of the originally scheduled exam. Please note that makeup examinations will differ from the originally scheduled examinations and may include written/short answer components.

General Course Policies and Procedures
Grade Policy
The university-wide descriptor of the meaning of letter grades, as approved by Senate:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90-100</td>
<td>One could scarcely expect better from a student at this level</td>
</tr>
<tr>
<td>A</td>
<td>80-89</td>
<td>Superior work that is clearly above average</td>
</tr>
<tr>
<td>B</td>
<td>70-79</td>
<td>Good work, meeting all requirements and eminently satisfactory</td>
</tr>
<tr>
<td>C</td>
<td>60-69</td>
<td>Competent work, meeting requirements</td>
</tr>
<tr>
<td>D</td>
<td>50-59</td>
<td>Fair work, minimally acceptable.</td>
</tr>
<tr>
<td>F</td>
<td>below 50</td>
<td>Fail</td>
</tr>
</tbody>
</table>
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.

**Prerequisites**
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.

**Rounding of Grades and Re-Weighting of Exams**
These are practices some students request. These practices will not occur in this course. The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, and there is no re-weighting of exams. Please do not ask us to do this for you. It degrades our experience as your professors and your experience as a student. We all have an appreciation of high standards.

**Course Website (OWL)**
All students in this course need to use OWL to access resources used in this course such as PowerPoint (lecture) presentations, videos, additional handouts and/or readings, and this course outline. Students are responsible to check the OWL site regularly for this course for updates and announcements. Additionally, grades will only be provided to you through the course website – we will not, under any circumstance, convey grades via email or over the phone.

OWL is an electronic shared space that will be used frequently throughout the course for a variety of purposes. Please interact respectfully on this shared e-space. The privilege of contributing to the site can be revoked if deemed necessary.

**Online Etiquette**
Some components of this course might involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- please “arrive” to class on time
- please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)
- ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material
- to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise
- in order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak
- please be prepared to turn your video camera off at the instructor’s request if the internet connection becomes unstable
- unless invited by your instructor, do **not** share your screen in the meeting
When participating in online meetings, please consider the following:

• if you wish to speak, use the “raise hand” function and wait for the instructor/TA to acknowledge you before beginning your comment or question
• remember to unmute your microphone and turn on your video camera before speaking
• self-identify when speaking
• remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

General considerations of “netiquette”:

• Keep in mind the different cultural and linguistic backgrounds of the students in the course
• Be courteous toward the instructor, TA, your colleagues, and authors whose work you are discussing (if applicable)
• Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment
• Be professional and scholarly in all online postings and discussions

Note that disruptive behaviour of any type during online meetings, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

Contact/Questions
All questions regarding course content should be posted on OWL forums. While your assigned TA should be your ‘first line’ for asking questions related to the course, forums (discussion boards) on OWL will also be used by TAs to answer student questions. The forums will be set up to include a separate space for questions and discussion related to: (1) lectures/content; (2) the mid-term exams; (3) the SmartBook activities; and (4) the final exam. You have the ability to edit and delete your own posts. The instructors and TAs can also delete posts that are deemed to be inappropriate. There will also be a ‘general discussion’ forum where students can discuss any number of topics related to the course.

In all of the above communication tools and any time you are interacting with others on our shared OWL website or via e-mail, please be mindful of ‘online etiquette’ (discussed above). It is expected that you will use professional language and proper grammar and punctuation when posting and e-mailing. Students who do not act accordingly have the potential of losing website privileges.

E-mail
The TAs and instructors will do our best to answer all course-related questions sent via e-mail within a reasonable timeframe, but please note that due to the large number of students in this class, there may be delays (also note that e-mails are not typically sent or replied to on weekends or outside of working hours—8am to 5pm—on weekdays). Please limit your e-mail questions to administrative matters only. Questions on course content will not typically be answered via e-mail; rather, these questions should be: (a) asked during scheduled meetings (or office hours) with the instructor and/or your assigned TA; or (b) posted to an online discussion forum. Please note that you must use your UWO email address for all correspondence regarding this course; e-mails from other addresses will not be responded to.
Learning Environment
This course experience will function according to the assumption that successful learning happens in environments where learning is co-created by the instructor and the students. As the course instructor, I will endeavour to provide students with course experiences that are optimally engaging, motivating, and interesting. In return, I expect students to contribute to the collaborative nature of the learning experience through active participation in discussions, by completing the assigned readings, and by offering constructive feedback as will be deemed useful to the overall learning experience.

Ideally, we will co-create an online learning environment that welcomes and encourages group dialogues that are dynamic, passionate, and open-minded. That is, a learning experience that is vital and engaging for all. In this regard, it is my hope that we will come together in the spirit of community and shared interest to co-create a learning environment that is supported by civility and mutual respect. In doing so, we will set the stage for a healthy and stimulating intellectual forum.

If you are having problems with any aspect of the course, please contact me, your instructor. I am genuinely committed to your learning experience, and I welcome your comments, constructive criticisms and, of course, your questions.

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 electronic devices during ANY tests, quizzes, midterms, examinations, or other evaluations.

Using any electronic device to take pictures of the instructors or lecture material is strictly prohibited in this course. When engaged in online lectures/discussions, please ensure that all cellphones or other communication devices are turned off or have their ringers silenced.

Use of Recording Devices and Course Content
Course instructors own and retain the intellectual property rights of their teaching materials. These rights extend to materials used in online settings and digital learning management systems like OWL and Zoom. Students do not have my permission to make audio or video recordings of lectures, take pictures of lecture material, or distribute any course content for nefarious purposes (e.g., for sale or to cheat on exams). It is the decision of the instructor as to how and when teaching materials can be shared or used.

Unless explicitly noted otherwise, you may not make audio or video recordings of pre-recorded lectures or other course materials. Nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.
ADDITIONAL STATEMENTS

Accommodation, Illness Reporting and Academic Considerations

Accommodation Policies
Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation policy can be found here: Academic Accommodation for Students with Disabilities.

Academic Consideration for Student Absence
Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being sought is worth 30% or less of the student’s final grade. Students are expected to contact their instructors within 24 hours of the end of the period of the self-reported absence, unless noted on the syllabus. Students are not able to use the self-reporting option in the following circumstances:

- for exams scheduled by the Office of the Registrar (e.g., December and April exams)
- absence of a duration greater than 48 hours,
- assessments worth more than 30% of the student’s final grade,
- if a student has already used the self-reporting portal twice during the academic year

If the conditions for a Self-Reported Absence are not met, students will need to provide a Student Medical Certificate if the absence is medical, or provide appropriate documentation if there are compassionate grounds for the absence in question. Students are encouraged to contact their Faculty academic counselling office to obtain more information about the relevant documentation.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for consideration on medical grounds, or for other reasons. All documentation required for absences that are not covered by the Self-Reported Absence Policy must be submitted to the Academic Counselling office of a student’s Home Faculty.

For Western University policy on Consideration for Student Absence, see Policy on Academic Consideration for Student Absences - Undergraduate Students in First Entry Programs

and for the Student Medical Certificate (SMC), see:


Religious Accommodation
Students should consult the University’s list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance. Additional information is given in the Western Multicultural Calendar.
**Student Code of Conduct**
The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, 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](http://www.uwo.ca/univsec/pdf/board/code.pdf).

**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 website: [https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20](https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20)

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

1. Student Development Centre -- [http://academicsupport.uwo.ca/](http://academicsupport.uwo.ca/)
2. Student Health -- [https://www.uwo.ca/health/](https://www.uwo.ca/health/)