

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

**HS 4740A – Chronic Disease Prevention
Fall 2021**

******SYLLABUS SUBJECT TO CHANGE UP UNTIL SEPT. 8th/2021******

<p>Instructor: Dr. Ben Kajaste Office: TBD Email: bkajaste@uwo.ca Phone: 519/661-2111 x n/a Office Hrs: By appointment TA: Brianna Moretti bmoretti@uwo.ca</p>	<p>Lectures: M 930-1130am & W 1230-130pm Location: FNB 1200 Instruction Mode: In person</p>
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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: Chronic disease is a significant economic burden for our health care system. This course will examine the prevalence of chronic disease, key factors associated with the significant increase in chronic diseases, and strategies for primary and secondary prevention.

Pre/Antirequisite(s): 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.

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

Required Course Material/Text: TBA (mandatory)

Learning Outcomes:

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

1. Identify and define the relationship between psychosocial health and chronic disease.
2. Understand how stress and stress management impact chronic disease.
3. Recognize the impact of physical health and fitness on chronic disease prevention.
4. Analyze the importance of a healthy diet in relation to preventing chronic disease.
5. Define the role that body weight plays in connection with chronic diseases.
6. Grasp how drug/substance use and abuse relate to the development of chronic diseases.
7. Identify chronic diseases and their impact on the Canadian health care system.
8. Identify factors contributing to the increase of chronic disease among the population.
9. Identify, examine, and critique primary prevention strategies for chronic disease prevention and management.
10. Identify, examine, and critique secondary prevention strategies for chronic disease prevention and management.

Tentative Schedule / Important Dates (subject to change if/as necessary):

Week 0 (Sept. 8th): Welcome / introduction / syllabus etc.

Week 1 (Sept. 13-17th): Psycho-social health in relation to chronic diseases.

Week 2 (Sept. 20-24th): Stress, coping mechanisms, and chronic disease.

Week 3 (Sept 27-Oct. 1st): Preventing chronic disease with physical activity and fitness.

Week 4 (Oct. 4-8th): MIDTERM #1 (Oct. 4th in class [25%]) + Eating healthy to prevent disease.

Week 5 (Oct. 11-15th): NO CLASS Oct. 11th (Thanksgiving) + Eating healthy to prevent disease pt.2.

Week 6 (Oct. 18-22nd): Weight management and chronic disease.

Week 7 (Oct. 25-29th): Drug and substance use and abuse vs. chronic disease.

Week 8 (Nov. 1-5th): READING WEEK, NO CLASSES.

Week 9 (Nov. 8-12th): MIDTERM #2 (Nov. 8th in class [35%]) + CV disease & cancer risks.

Week 10 (Nov. 15-19th): CV disease & cancer risks pt. 2 + Mitigating risks of chronic diseases.

Week 11 (Nov. 22-26th): Mitigating risks of chronic diseases pt. 2 + The environment & disease.

Week 12 (Nov. 29-Dec. 3rd): The environment & disease pt. 2 + Consuming health services wisely.

Week 13 (Dec. 6-10th): Consuming health services wisely pt. 2 + review and exam prep.

Course Evaluation:

Examinations will take place as stated in the course syllabus. Absences from exams will not be excused, except under medical or other compassionate circumstances with the appropriate documentation submitted via the program undergraduate office.

Missing an exam WITHOUT the appropriate documentation and subsequent excusal will result in a zero (0) grade on that exam.

Missing an exam WITH the appropriate documentation and subsequent excusal will result in the weighting of the missed exam being carried forward and added onto the subsequent exam. Acceptable reasons may 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 by the program office.

Midterm #1: In class, Monday, Oct. 4th, 2021, 930-1120am; 25% of course grade.

Midterm #2: In class, Monday, Nov. 8th, 2021, 930-1120am; 35% of course grade.

Final Exam: TBD (scheduled by the registrar's office during final exam period); 40% of course grade.

Midterms & Final Exam will be cumulative in nature. The format will be a combination of multiple choice and short/medium answer questions.

Notes

1. Over the duration of the course, 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 digital text as the primary source however additional

material will be included.

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.
5. Covid considerations: it is possible that the global pandemic may disrupt our planned course schedule. In the event that it does we will adapt and follow any guidelines set out by the School of Health Studies/the Faculty of Health Sciences/the University.

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. **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 in-class evaluations.
8. **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.**

9. 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 -- <http://academicsupport.uwo.ca/>
2. Student Health -- <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western [Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](mailto:MentalHealthSupport@WesternUwo.ca) 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: [Health & Wellness - Western University \(uwo.ca\)](http://www.uwo.ca/healthandwellness/). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

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 74-80 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

Grades: Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculation errors (which can occur) should be brought to my attention immediately.

Rounding of Grades (for example, bumping a 79 to 80%):

This is a practice some students request. **This practice will not occur here.** 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, or 'giving away' of marks. Please do not ask me to do this for you; the response will be "please review the course outline where this is presented".