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 collaboratively between 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 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. Mac Ross

3M Centre, Room 2213  
Email: gross7@uwo.ca  
Office Hours: by appointment

**Experiential Learning and Placement Coordinator**: Lisa Metselaar

Arthur and Sonia Labatt Health Sciences Building (HSB), Room 219  
Email: lmetsela@uwo.ca  
Office hours: by appointment

TEXTBOOKS

Compulsory readings for this course will be provided by your practicum supervisor. Suggested resources will be posted on OWL.
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. Appraise the work placement experience in terms of personal, academic, and professional development.

LEARNING OUTCOMES

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

1. Describe your experiences working in a real-world professional setting;
2. Evaluate and reflect on your personal, academic, and professional growth and development through the field experience;
3. Develop transferable skills, career competencies, and citizenship;
4. Apply theoretical knowledge to practice in a real-world environment;
5. Determine best practices for addressing professional issues relative to the specific practicum field;

To successfully conclude this course, you will be required to develop compulsory academic tasks and submit formal assignments. These are described below (detailed assignment guides for each of these will be made available on OWL). The specific tasks to undertake in your placement will be discussed in the initial meetings with your supervisor.

METHODS OF EVALUATION: Submission dates (OWL, 11.55 pm)

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Date</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Learning contract</td>
<td>18 September</td>
<td>Pass/Fail</td>
</tr>
<tr>
<td>2. Focused Reflections</td>
<td>26 September</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>30 October</td>
<td></td>
</tr>
<tr>
<td>3. Zine</td>
<td>27 November</td>
<td>20%</td>
</tr>
<tr>
<td>4. Self-Assessment</td>
<td>4 December</td>
<td>15%</td>
</tr>
<tr>
<td>5. Supervisor’s Evaluation</td>
<td>TBA</td>
<td>35%</td>
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Note that these dates may be updated at the start of the term.

All assignments must be submitted using the assignment tool on OWL, no later than 11.55 pm on the dates indicated above.

1. **Learning contract.** You are responsible for submitting a learning contract that indicates the learning goals and plan for the practicum, created in collaboration with your practicum
supervisor. This document (1000 words length) is a brief description of the plan of action for your practicum experience. Understandably, the objectives may change throughout the practicum. If so, document the changes and discuss them with your practicum supervisor. It is not necessary to re-submit the learning contract should your plans change. There is no allocated percentage to this assignment, but you must achieve a pass. You will have one chance to resubmit it. The minimum criteria for a pass will be defined at the start of the course.

2. Focused Reflections. To learn deeply, it is essential to continuously reflect on what we do, think, and feel. This reflection starts with the production of your learning contract. To evidence that continuous process, you will submit focused reflections throughout the term. In each, you will reflect upon one specific meaningful event/experience (e.g. an interaction with a client; a meeting with your supervisor) that occurred during the previous weeks. If it is impossible for you to isolate one specific event, you can reflect on one specific dimension of your practicum experience (e.g. communication, interpersonal relationships, technical competencies). Each submission is worth 15%. The word limit for each is 800 words (± 50).

3. Zine. Preparing a zine to reflect your learning journey is one of the evaluations required for the course. A Zine is an informal and personal small booklet in which you can creatively but reflectively represent the most meaningful aspect of your placement experience (guidance to develop this assignment will be shared on OWL and offered in our 2nd general meeting). 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. For some examples of students’ work check Simmons University student-created zine exhibit. or for other examples check issue.blog. This is worth 20% of your final grade.

4. Self-Assessment: Based on specific criteria you will grade your own performance in the course for 15%.

5. Supervisor’s Evaluation. Your supervisor will evaluate your performance for 35% of your final mark.

Formatting: The word count for all assignments excludes the title page. Documents should be double-spaced and formatted using a font size no smaller than 12 points. Formatting and referencing must 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**

The course activities are designed to foster a deeper level of reflection. The proposed dates for our two General Meetings are indicated below. Your attendance is mandatory. The location of each meeting will be determined closer to the day. Please regularly check your email and OWL for updates about these meetings as they become available. Please also remember to complete your weekly survey - this keeps a steady stream of reflection flowing.

<table>
<thead>
<tr>
<th>Weekly</th>
<th>You will be asked to answer a short survey in which you register and evaluate your work for the week, reflect on achievements and challenges and provide feedback to instructors. These are not marked, but their submission provides evidence of engagement and participation in the course for your self-assessment.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 September – 11 AM-12.30 PM</td>
<td>1st Practicum General Meeting with faculty instructors, the placement coordinator, and peers. What is a practicum course? Duties and responsibilities. Expectations. Q&amp;A.</td>
</tr>
<tr>
<td>28 October - 11 AM-12.30 PM</td>
<td>2nd Practicum General Meeting with faculty instructors, the placement coordinator, and peers. General feedback on the work developed and guidance on the development of a Zine. Q&amp;A.</td>
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**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 behavior 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).

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

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 be available to meet with students.

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. 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 any reason inclusive of 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.

TROUBLESHOOTING:

Technical/ software/hardware: “I am having technical issues with my computer and I am not sure what the problem is...” you can create a help request in FHS IT Support or if the issue relates more to online learning software (OWL, Teams or other) go to FHS Online Learning Support (Students). If you have lost internet connection use the data on your phone to do this or to work as a hotspot for your other device.

Help with Writing Skills: “I will need to write some papers this term and would benefit from improving my writing skills” or “I would like some helpful feedback on writing quality...” you can contact the Writing support Centre online.

Illness: “One of my main assignments is due is a few days and I feel really ill...”, you can action an academic consideration to be granted some accommodation. You do that in Request for Academic Consideration.

Academics: “I would benefit from some advice regarding my academic experience, engagement and success...”, you can explore the resources available on Academic Support and Engagement or contact the HS counselling staff.

INSTITUTIONAL POLICIES AND RESOURCES

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; 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;
C. 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;
D. 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”).
E. 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: Academic Calendar - Western University (uwo.ca)

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/
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/

Health and Wellness:

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) 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). 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.