

The University of Western Ontario

HEALTSCI 3025B

INTEGRATIVE HEALTH

January 2023

Instructor: Michael Robinson PhD CAT(C) ATC

Lecture Location: FNB-1270

Email: mrobin7@uwo.ca

Office Hours: Wednesdays from 10:00 am to 3:00 pm – Appointments must be booked 24 hours in advance: <https://michaelrobinsonuwo.youcanbook.me/>

Communication: Please communicate any questions via email and allow for 72 hours for a response.

Lectures

There are two in-person lectures per week: Mondays 12:30 – 1:30, Wednesdays 2:30 - 4:30

Prerequisite Checking

Antirequisite(s): Former Health Sciences 4020A/B; Health Sciences 3091A, section 001 if taken in Fall 2011; Kinesiology 3372A, section 002 if taken in Fall 2011. Extra Information: 3 lecture hours.

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 if you are dropped from a course for failing to have the necessary prerequisites.

Course Description

Integrative Health examines a variety of areas and issues concerning the broad field of integrative health. From an evidence-based perspective, the course explores integrative health domains and assesses the quantitative and qualitative evidence about these various forms of non-allopathic health practitioners including, but not limited to mind-body interventions, manual therapies, and herbal/pharmacological approaches to integrative health and lifestyle decision-making.

Statement on Multiple Choice Exams

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.

Course Materials

All course materials will be posted to OWL in advance of lectures. A reading list will be posted on OWL during the first week of the course. Lecture slides are intellectual property of the course instructor; copying without permission is copyright infringement and can constitute plagiarism.

Attendance and Classroom Behaviour

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. **Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.**

Methods of Evaluation

Midterm	20% March 1 st , 2023
Critical Reflection	20% March 8 th , 2023 at 11:55 pm EST via OWL
Infographic	20% April 5 th , 2023 at 11:55 pm EST via OWL
Final	40% TBD by University during the scheduled exam period.

Examinations will be comprised of a combination of multiple-choice questions, short and long answer. Final exams are cumulative.

Schedule (Subject to change)

In-Person Schedule	Lecture
Monday, January 09, 2023	Introduction
Wednesday, January 11, 2023	Exploring Integrative Health
Monday, January 16, 2023	Exploring Integrative Health
Wednesday, January 18, 2023	The Science of Complementary and Alternative Medicine
Monday, January 23, 2023	The Science of Complementary and Alternative Medicine
Wednesday, January 25, 2023	The Science of Complementary and Alternative Medicine
Monday, January 30, 2023	The Science of Complementary and Alternative Medicine
Wednesday, February 01, 2023	Spirituality in Healing
Monday, February 06, 2023	Spirituality in Healing
Wednesday, February 08, 2023	Manual Healing Techniques
Monday, February 13, 2023	Manual Healing Techniques
Wednesday, February 15, 2023	Manual Healing Techniques
Monday, February 20, 2023	READING WEEK
Wednesday, February 22, 2023	READING WEEK
Monday, February 27, 2023	MIDTERM REVIEW
Wednesday, March 01, 2023	MIDTERM
Monday, March 06, 2023	Fraud and Scams
Wednesday, March 08, 2023	Fraud and Scams Critical Reflection due at 11:55 PM EST
Monday, March 13, 2023	Exercise TD
Wednesday, March 15, 2023	Lifestyle Medicine RV
Monday, March 20, 2023	Nutrition
Wednesday, March 22, 2023	Nutrition
Monday, March 27, 2023	*pathic Medicine
Wednesday, March 29, 2023	*pathic Medicine
Monday, April 03, 2023	Other Allied Health Care
Wednesday, April 05, 2023	Other Allied Health Care Infographic due at 11:55 pm EST
Monday, April 10, 2023	Review

Assignment

Critical Reflection Due: March 8th 11:55 pm EST 20%

- You will write a critical reflection on one of the cases posted on OWL. You will be required to provide a 2-3 page summary of the case followed up by a 3-4 page reflection ensuring that opposing viewpoints are provided. A detailed rubric will be provided on OWL.

Infographic Due April 5th, 2023 at 11:55 pm EST 20%

- In groups of 2-4 you need to create an infographic that covers a non-allopathic health care profession.
- More details regarding the assignment will be provided during the first class.
- You should include images and base the information off scholarly resources (text books, peer reviewed articles etc.)
- A reference list is to be submitted in addition to your infographic.
- Sample infographic templates are available on OWL.
- An assignment rubric is available on OWL.

Missed Assignments and Exams

A missed mid-term examination, 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. Exams will not be re-weighted and must be completed. Missed assignments that have been formally approved for accommodation will be due 72 business hours from the time the accommodation expires.

Statement on 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

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) 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*
- (ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office 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 an SMC;*
- **Are advised that all necessary documentation, forms, etc. are to be submitted to the academic advising office within two business days after the date specified for resuming responsibilities***

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.

Contingency plan for an in-person class pivoting to 100% online learning:

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor.

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, tests and examinations in this course will be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including

technical requirements, is available on Western's Remote Proctoring website at:
<https://remoteproctoring.uwo.ca>.

Common Concerns:

Concern	How to address concern
Course administrative matters	Read through the course outline or email instructor if question cannot be answered from information in the course outline
Course content questions	Refer to the OWL Resources (notes, calendar, etc). Email the instructor.
Grade disputes and requests for appeals	<p>A student requesting an appeal to a specific course with respect to a grade for an assignment or examination must first contact their instructor to discuss such matters.</p> <p>Visit the following website for guide on submitting an appeal: https://uwo.ca/fhs//policies/appeals.html</p>

Grade policy:

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

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

It is expected that the grades for this course will fall between 74-78. 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.