

**The University of Western Ontario**

**RS3125A**

**ENABLING HEALTH & WELL-BEING**

**Fall 2022**

**Instructor:** Michael Robinson PhD CAT(C) ATC

**Lecture Location:** TC-203

**Email:** [mrobin7@uwo.ca](mailto:mrobin7@uwo.ca)

**Office Hours:** Bookable at various times via Zoom:

<https://michaelrobinsonuwo.youcanbook.me/>

**Teaching Assistant:** TBD

**Communication:** Please communicate any questions via email FIRST to the teaching assistant then to the course instructor if required. Please allow for 72 hours for a response.

**Lectures and Labs**

Lecture:           Tuesdays 11:30 – 1:30 pm

                          Thursdays 10:30 – 11:30 am

**Prerequisite Checking**

**Prerequisite(s):** Registration in a Rehabilitation Sciences module or enrolment in the third or fourth year of the School of Health Studies or School of Kinesiology.

**Antirequisite(s):** Health Sciences 3091A section 001 if taken in 2011-12 or 2012-13.

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**

This course addresses the construct of 'occupation' as explored and understood within the field of occupational science and practice of occupational therapy. Students will develop and apply an occupational perspective to address contemporary issues and to consider the relationship between occupation and health and well-being.

## Methods of Evaluation

### Examinations (60%):

Midterm	30% October 25-27th 2022
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.

### Assignments (40%)

Forum Discussions	30% (6 x 5% each)
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### 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. 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.**

### Schedule (Subject to change)

	Lecture	Assignment
Thursday, September 8, 2022	Course Introduction	
Tuesday, September 13, 2022	Overview Occupational Therapy and field of Occupational Science	

Thursday, September 15, 2022	Overview Occupational Therapy and field of Occupational Science	
Tuesday, September 20, 2022	Occupation as a construct and key concepts	Forum Post Due
Thursday, September 22, 2022	Occupation as a construct and key concepts	
Tuesday, September 27, 2022	Health & Well-being	
Thursday, September 29, 2022	Health & Well-being	Forum Post Due
Tuesday, October 4, 2022	Occupation Across the Lifespan and Transitions	
Thursday, October 6, 2022	Occupation Across the Lifespan and Transitions	
Tuesday, October 11, 2022	Occupation Across the Lifespan and Transitions	Forum Post Due
Thursday, October 13, 2022	Occupation Across the Lifespan and Transitions	
Tuesday, October 18, 2022	Occupational Identity	
Thursday, October 20, 2022	Occupational Identity	Forum Post Due
Tuesday, October 25, 2022	Take Home Midterm	
Thursday, October 27, 2022	Take Home Midterm	
Tuesday, November 8, 2022	Occupational Disruption, Deprivation, Loss	
Thursday, November 10, 2022	Occupational Disruption, Deprivation, Loss	Forum Post Due

Tuesday, November 15, 2022	Occupational Culture & Diversity	
Thursday, November 17, 2022	Occupational Culture & Diversity	Forum Post Due
Tuesday, November 22, 2022	Occupational Justice	
Thursday, November 24, 2022	Occupational Justice	
Tuesday, November 29, 2022	Health, Well Being, Occupation and Context	
Thursday, December 1, 2022	Health, Well Being, Occupation and Context	
Tuesday, December 6, 2022	Final Review	
Thursday, December 8, 2022	Final Review	

**ADDITIONAL POLICIES:**

**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](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf)

**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 in-class evaluations.

***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.

## 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 \(uwo.ca\)](http://www.uwo.ca/mentalhealth) 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/healthwellness). 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: <a href="https://uwo.ca/fhs//policies/appeals.html">https://uwo.ca/fhs//policies/appeals.html</a></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.*