

HS1001: Personal Determinants of Health Summer 2026

Campus Supports

Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course coordinator can also **guide you** to available campus resources and/or services.

Technical Requirements



Stable internet connection



Laptop computer

Important Dates

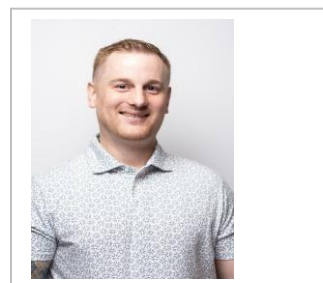
Classes Begin	Reading Week	Classes End
May 4 th	N/A	June 12

May 8, 2026: last day to withdraw from a summer 6-week first term course without academic penalty.

May 18th, 2026: Victoria Day (University Closed)

June 8, 2026: last day to withdraw from a 6-week first-term course resulting in a grade of "WDN".

Contact Information



Course Instructor: Dr. Josh Tobias

Contact information: jtobias2@uwo.ca

Office hours: Tuesdays 12:00 pm – 1:00 pm

Wednesdays 5:00 pm – 6:00 pm

Teaching Assistant(s)	Contact Information	Office Hours
Marie Chantal Murekatete	mmurekat@uwo.ca	Mondays 1:00pm – 3:00pm
Shribavan Kanesamoorthy	skanesam@uwo.ca	Fridays 12:00 pm – 2:00 pm

NOTE: All course information, including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

Calendar Course Description:

This course focuses on health and wellness with an emphasis on increasing knowledge and awareness of a wide variety of health-related topics, as well as on improving individual health.

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.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

Delivery Mode: This course is delivered asynchronously online. Modules will be made available each Monday, with relevant content (i.e. lectures, additional materials) remaining open throughout the remainder of the course.

My Course Description

This course introduces students to the constructs of health and wellness from a personal perspective. The course covers a wide range of health-related topics centered upon personal health and wellness. We place an emphasis on increasing knowledge and awareness of the various impacts on personal health that can be applied to everyday lived experiences. Students are expected to review all online lectures and assigned readings, and to: participate in online discussions, complete assignments, as well as all quizzes and final examination.

Learning Outcomes

Upon successful completion of this course, you will be able to:

1. Define key concepts related to personal health and wellness;
2. Describe the impact of personal health choices and behaviours on overall wellbeing;
3. Identify risks, challenges, protective, and resilient factors that influence personal health;
4. Discuss and evaluate health information using credible sources and guidelines;
5. Participate actively in group discussion to reflect on key topics in a collaborative learning environment;

Course Content and Schedule (<i>Subject to Change</i>)				
Week	Topic	Study material	To Complete	Due
1	Course Introduction	Course Orientation Videos	1. Proctortrack Onboarding 2. Introduction Discussion Post 3. NameCoach	May 11 th
	Module 1: Taking Charge of Your Health	Textbook Chapter 1 Module 1 Video	1. Module Quiz 2. SmartBook Assignment 1* 3. Wellness Habit Discussion Post 1	
2	Module 2: Psychological Health	Textbook Chapter 2 Module 2 Videos	1. Module Quiz 2. SmartBook Assignment 2 3. Wellness Habit Discussion Post 2	May 19 th
	Module 3: Stress	Textbook Chapter 3 Module 3 Video	1. Module Quiz 2. SmartBook Assignment 3	
3	Module 4: Weight Management	Textbook Chapter 4 Module 4 Video	1. Module Quiz 2. SmartBook Assignment 4 3. Wellness Habit Discussion Post 3	May 25 th
	Module 5: Nutrition Basics	Textbook Chapter 5 Module 5 Video	1. Module Quiz 2. SmartBook Assignment 5	
4	Module 6: Physical Activity	Textbook Chapter 6 Module 6 Video	1. Module Quiz 2. SmartBook Assignment 6 3. Wellness Habit Discussion Post 4	June 1 st
	Module 7: Cancer	Textbook Chapter 8 Module 7 Video	1. Module Quiz 2. SmartBook Assignment 7	
5	Module 8: Drugs & Alcohol	Textbook Chapters 13&14 Module 8 Video	1. Module Quiz 2. SmartBook Assignment 8 3. Wellness Habit Discussion Post 5	June 8 th
	Module 9: Commercial Tobacco	Textbook Chapter 15 Module 9 Vidoe	1. Module Quiz 2. SmartBook Assignment 9	
6	Module 10: Environmental Health	Textbook Chapter 18 Module Videos	1. Module Quiz 2. Wellness Habit Final Report	June 12 th
	Module 11: Living Well in The World	Assigned Reading Module Videos	N/A	
*Students are required to complete 2/9 SmartBook Assignments				

Course Materials and Costs



Textbook:

Irwin, JD., Burke, SM., Insel, PM., & Roth, WT. (2023). **Core Concepts in Health, Fourth Canadian Edition**. Oshawa, ON: McGraw-Hill. **Connect**, an online resource which accompanies this text, is also required.

Where to get it: available via [Dellelce Family Bookstore](#)

Cost: \$99 ebook, \$173.35 hard copy (at the bookstore)

Assessments and Evaluation

Below is the evaluation breakdown for the course. Any deviations will be communicated.

Assessment	Format	Weight	Due Date	Details	Learning Outcome
Module Quizzes ¹	Multiple choice	30%	Weekly	Quizzes for each module, available upon module launch (Mondays) Sunday at 11:59pm.	1, 2, 3, 4
SmartBook Assignments ²	Mixed format	10% (2x5%)	Weekly	Must complete 2 of the 9 available. Assignments are available for the duration of the relevant module, and are due Sunday by 11:59pm.	1, 2, 4
Wellness Habit Assignment ³	Mixed format	30%	June 12 th	72-hour no late penalty	2, 3, 5
Final Exam ⁴	Mixed format	30%	June 17 th -19 th	Not applicable	1, 2, 3, 4

Notes:

1. There are a total of 10 quizzes available throughout the course. Quizzes will be available for the duration of the module (Mondays at 12:01am until Sunday at 11:59 pm). Students are responsible for completing each quiz and must obtain Academic Consideration via The Office of the Registrar if they are unable to complete a quiz. Missed quizzes without approved Academic Consideration will receive a 0.
2. You are expected to submit this assignment by the deadline listed. Should extenuating circumstances arise, you are permitted to submit your assignment up to 72 hours past the deadline without a late penalty. No Academic Consideration is required for this extension. No submissions without Academic Consideration will be accepted following the 72 hour deadline. Academic Consideration requests may be granted only for extenuating circumstances that **began before** the deadline and **lasted longer** than the extension. Students must not provide medical or compassionate documentation to the instructor.
3. This is a designated assignment and is required for the completion of this course. A 72-hour no-questions-asked late window will be applied to this assignment. Students can submit the assignment up to 72 hours following the due date, inclusive of weekends and holidays. Assignments not received after this period will receive a 0.
4. You cannot use undocumented absences for final exams.

General information about assessments

- ☒ All assignments are due at 23:59 EST unless otherwise specified
- ☒ You are responsible for ensuring that the correct file version is uploaded; incorrect submissions including corrupt files could be subject to late penalties (see below) or a 0
- ☒ Written assignments will be submitted to Turnitin (statement in policies below)
- ☒ You will have access to Turnitin reports before your submission is graded. You may have 2 submissions to Turnitin.
- ☒ After an assessment is returned, you should wait 24 hours to digest feedback before contacting your evaluator; to ensure a timely response, reach out within 7 days
- ☒ Requests for regrading must include a written explanation and evidence showing how the work meets the assignment criteria or rubric. Requests without a clear justification will not be considered.
- ☒ Prior to the filing of a written request for relief, you must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If you are dissatisfied with the decision of the instructor or you do not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

The table below outlines University-wide grade descriptors.

Table 6: University-wide grade descriptors

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which 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

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

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

Information about late or missed assessments:

- ☒ Late assessments without academic consideration will be subject to a late penalty of 1% per hour
- ☒ Missed quizzes where academic consideration has been approved will be re-weighted to the final exam. Missed quizzes without approved academic consideration will receive a grade of 0.

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in [Types of Examinations](#) policy

Academic Policies and Statements

Support Services

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

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

Students who are in emotional/mental distress should refer to Mental Health@Western (<https://www.uwo.ca/health/>) for a complete list of options about how to obtain help.

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at:

https://www.uwo.ca/health/student_support/survivor_support/get-help.html.

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's Non-Discrimination/Harassment Policy (M.A.P.P. 1.35) and Non-Discrimination/Harassment Policy – Administrative Procedures (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses' behaviour that may be harassment or discrimination **must report the behaviour** to the Western's Human Rights Office. Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace harassment).

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 Western University, 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 <https://www.uwo.ca/univsec/pdf/board/code.pdf>

Absence from Course Commitments

Students must familiarize themselves with the Policy on [Academic Consideration – Undergraduate Students in First Entry Programs](#)

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the [central academic consideration portal](#). Students are permitted one academic consideration request per course per term **without** supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner. If your absence relates to accommodations that are already supported by [Accessible Education](#), please work with your accessible education counsellor regarding your missed course work.

Accommodation for Religious Holidays

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the policy on [Scholastic Discipline for Undergraduate Students](#).

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All 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 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 Western University and Turnitin.com (www.turnitin.com).

Use of Artificial Intelligence (AI) for the Completion of Course Work

Within this course, you may only use artificial intelligence tools (e.g., "ChatGPT") in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition 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.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#). If you think you may qualify for ongoing accommodation (e.g. separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit [Accessible Education](#) for more information.

Correspondence Statement

The centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

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 (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other evaluations. **They MUST NOT be at your test/exam desk or in your pocket. Any student found with a prohibited device will be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence penalty for possession of a prohibited device is zero on the test or exam.**

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. 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.

Online Proctoring

Tests and examinations in this course may 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>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services sections of this document.

Students may **appeal** some academic and scholastic disciplinary decisions by a Dean or their designate, to the Senate Review Board Academic (SRBA). Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services section of this document.