

**Western University**  
**School of Health Studies**  
**HS1001A-650: Personal Determinants of Health**  
**Summer Distance 2024, May 6 – June 14**

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### **1.0 CALENDAR 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.

**Prerequisites:** None

**Anti-requisites:** Former Health Sciences 1000.

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### **2.0 LAND ACKNOWLEDGEMENT**

We acknowledge that Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapéewak, and Chonnonton Nations, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum.

With this, I respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers. We acknowledge historical and ongoing injustices that Indigenous Peoples (e.g., First Nations, Métis and Inuit) endure in Canada, and we accept responsibility as a public institution to contribute toward revealing and correcting miseducation as well as renewing respectful relationships with Indigenous communities through our teaching, research and community service.

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### **3.0 COURSE INFORMATION**

**Instructor:** Eric Collins, PhD

**Office:** Online (Zoom)

**Office Hours:** By appointment

**Email:** [ecollin9@uwo.ca](mailto:ecollin9@uwo.ca) (48-hour response on weekdays and 72 hours during exams and holidays)

**Teaching Assistant:** Lan Li, BHSc

**Office:** Online (Zoom)

**Office Hours:** By appointment

**Email:** [lli846@uwo.ca](mailto:lli846@uwo.ca) (48-hour response on weekdays and 72 hours during exams and holidays)

**Lectures:** Online - Asynchronous (lectures posted to OWL Brightspace)

**Tutorials:** None

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#### 4.0 COURSE MATERIALS (REQUIRED)

Irwin, J.D., Burke, S.M., Insel, C.E., Roth, W.T., & Insel, P.M. (2023). *Core concepts in health*. Fourth Canadian Edition. McGraw-Hill

You **MUST** purchase the 360-day **e-book rental offered by McGraw Hill Connect** to complete the assigned readings. Please use the following link to purchase your subscription - <https://bookstore.uwo.ca/product/cebcodeid47305>

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#### 5.0 COURSE OBJECTIVES

Determinants of health include a broad range of personal, social, economic, and environmental factors that determine individual and population health. This course carefully examines the personal factors, which include psychological health, stress, weight management, nutrition, physical activity and exercise, relationships, sexual health, drug use, addiction, and sleep.

#### 5.1 STUDENT LEARNING OUTCOMES

Learning Outcome	Learning Activity	Learning Assessment
<i>Depth and Breadth of Knowledge</i> <ul style="list-style-type: none"><li>Understand how various personal factors influence health and wellness at an individual and population level</li></ul>	Lectures Readings	Forums Essay Exams
<i>Application of Knowledge</i> <ul style="list-style-type: none"><li>Evaluate important concepts, key terms, and prominent theories, and demonstrate an understanding of these via forums, essay, and exams</li></ul>	Lectures Readings	Forums Essay Exams
<i>Application of Methodologies</i> <ul style="list-style-type: none"><li>Establish and demonstrate an understanding of critical reflection via essay</li></ul>	Lecture (Writing Seminar) Videos	Essay

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## 6.0 EVALUATION

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 **72-76%**. 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

**Policy on Grade Rounding:** Course grades are rounded to the nearest whole number; no further grade rounding will be done. No additional assignments will be offered to enhance a final grade; nor will requests to change a grade because it is needed for a future program be considered. To maximize your grade, do your best on each and every assessment within the course.

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## 7.0 ASSESSMENT/EVALUATION SCHEDULE

**Forum (10%):** Ten questions will be posted to the Communications tool on **Brightspace** throughout the term (see Section 8.0). Questions are generated from weekly lectures and readings. Each student **must** provide an original response to each week's posting **and** comment on a fellow student's original response. Each week's original response and comment are worth a total of 1%. There are **no part marks**. Students are expected to provide thoughtful responses and comments demonstrating critical thinking and an understanding of important concepts, key terms, people, policies, and events. **Each** response and comment must include a minimum of **80 words**. Examples are posted in the Communications tool on **Brightspace**.

**Assigned Readings (10%):** There are ten assigned readings in this course. Each chapter includes an assigned reading which must be completed through your McGraw-Hill Connect account. Assigned readings are worth 1% each and must be completed by their designated due date to receive credit (see Sections 4 and 8.2). There are **no** part marks.

**Quizzes (20%):** There are four online quizzes in this course. The quizzes cover material from the PowerPoints and assigned readings. Quiz 1 will be available to complete asynchronously on **May 19**. Quiz 1 covers content from chapters 1 and 2 and is worth 5%. Quiz 2 will be available to complete asynchronously on **May 28**. Quiz 2 covers content from chapters 3 and 4 and is worth 5%. Quiz 3 will be available to complete asynchronously on **June 9**. Quiz 3 covers content from chapters 6 and 9. Quiz 4 will be available to complete asynchronously on **June 14**. Quiz 4 covers content from chapters 10 and 13. Each quiz consists of 15 questions and includes multiple-choice, true or false, matching, and fill-in-the-blanks. All quizzes include a time-limit. Please make sure you have a strong internet connection before beginning each quiz. The quizzes will be completed on OWL using the Assessments (Quizzes) tool on **Brightspace**.

**Midterm Exam (25%):** The midterm exam covers all assigned readings and PowerPoint materials presented from lectures 1-5. This assessment consists of 60 questions and is formatted as multiple-choice, true or false, matching, as well as fill-in-the-blanks. This exam takes place **asynchronously** on **June 2** via the Assessments (Quizzes) tool on **Brightspace**.

**Final Exam (35%).** The final exam is **cumulative** and covers all assigned readings, videos, and PowerPoint materials presented in this course. This assessment consists of **75 questions** and is formatted as multiple-choice, true or false, matching, as well as fill-in-the-blanks. This exam is takes place on **June 25** during the summer distance final exam period. This assessment is **synchronous** and is to be completed via the Assessments (Quizzes) tool on **Brightspace**. The exact time will be posted to the Communications (Announcements) tool on **Brightspace** in the coming weeks.

*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. Proctortrack (and other online proctoring software) **will NOT be used** in this course.*

## 7.1 GRADE DISTRIBUTION

Component	Value %
Forum	10
Assigned Readings	10
Quizzes	20
Midterm Exam	25
Final Exam	35
<b>Total</b>	<b>100</b>

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## 8.0 SCHEDULE

### 8.1 LECTURES

Lecture	Day	Topic	Assessment
1	May 13	Chapter 1	Forum 1 (opens)
2	May 15	Chapter 2	Forum 2 (opens)
3	May 17	Chapter 3	Forum 3 (opens)
4	May 22	Chapter 4	Forum 4 (opens)
5	May 24	Chapter 5	Forum 5 (opens)
6	June 3	Chapter 6	Forum 6 (opens)
7	June 5	Chapter 9	Forum 7 (opens)
8	June 7	Chapter 10	Forum 8 (opens)
9	June 10	Chapter 13	Forum 9 (opens)
10	June 12	Chapter 17	Forum 10 (opens)

### 8.2 ASSIGNED READINGS

Please see Section 4.0 before reviewing this table

Chapters	Due
Chapter 1	May 15
Chapter 2	May 17
Chapter 3	May 22
Chapter 4	May 24
Chapter 5	May 27
Chapter 6	June 5
Chapter 9	June 7
Chapter 10	June 10
Chapter 13	June 12
Chapter 17	June 14

### 8.3 QUIZZES AND EXAMS

Day	Topic	Assessment
May 19	Chapters 1 and 2	Quiz 1
May 28	Chapters 3 and 4	Quiz 2
June 2	Lectures 1 - 5	Midterm Exam
June 9	Chapters 6 and 9	Quiz 3
June 14	Chapters 10 and 13	Quiz 4
June 25	Cumulative	Final Exam

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## 9.0 COVID-19 CONTINGENCY PLAN FOR 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>.

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## 10.0 LATE ASSIGNMENTS

Assignments must not be missed unless there is a medical condition, family emergency, or other unforeseen circumstances. A note from your Physician indicating the nature of your condition must be submitted to the School of Health Studies Main Office, and only upon receipt of such a letter will instructors consider a new due date for an assignment. Late assignments may be docked a certain percentage per day, which is determined by the instructor.

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## 11.0 ATTENDANCE AND CLASSROOM BEHAVIOUR (ONLINE AND/OR IN-PERSON)

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, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. **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.**

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## 12.0 USE OF RECORDING DEVICES AND COURSE CONTENT

**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. **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.**

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## 13.0 USE OF PLAGIARISM CHECKING SOFTWARE

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>).

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## 14.0 STUDENT CODE OF CONDUCT

Code of Student Conduct defines the standard of conduct expected of students registered at The University of Western Ontario, provides examples of behaviour that constitutes a breach of this conduct, provides examples of sanctions that may be imposed, and sets out the disciplinary procedures that the University follows. 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).

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## 15.0 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.

## 15.1 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;
- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by SMC, or immediately upon their return following a documented absence;
- **Are advised that all necessary documentation, forms, etc. are to be submitted to academic advising office within two business days after the date specified for resuming responsibilities**



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## 16.0 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/>

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## 17.0 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](mailto:MentalHealth@Western) [Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](http://www.westernu.ca/health-wellness) for a complete list of options about how to obtain help or Thames Valley Family Services (<https://www.familyservicethamesvalley.com/>), a trusted provider within the community. 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.westernu.ca/health-wellness). 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.

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## 18.0 COMMON CONCERNS GUIDELINES

The table below summarizes a list of common student concerns and how they are to be resolved. If you have a concern that is not listed here, then please email your instructor.

<b>Concern</b>	<b>How to address concern</b>
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	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.  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>