

Western University
School of Health Studies

Health Sciences 3025A - Integrative Health

Instructor: Ivan Culum
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Office: Elborn College, Room 1424
Office Hours: By Appointment

Lecture Times: Wednesdays 2:30 PM to 3:30 PM & Fridays 1:30 PM to 3:30 PM
Location: Health Sciences Building ±Room 35

Course Website <https://owl.uwo.ca/>

Prerequisites: Minimum of 60% in each of Health Sciences 1001A/B and 1002A/B.

Antirequisites: Former Health Sciences 4020A/B; Health Sciences 3091A, section 001 if taken in Fall 2011; Kinesiology 3372A, section 002 if taken in Fall 2011.

Please ensure that you have either the requisites for this course or special, written permission for the School of Health studies, or you risk being removed from the course. As this decision may not be appealed, and there are no course fee adjustments in case of such an event, please exercise due diligence.

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 "alternative" health including, but not limited to Oriental medicine, mind-body interventions, manual therapies, and herbal/pharmacological approaches to integrative health and lifestyle decision-making.

Course Format

In this course, a variety of activities are used, including:

- x Traditional didactic teaching (a.k.a. lecturing);
- x Individual and small group activities;
- x Collaborative assignment.

Students are encouraged to arrive to class having completed the required readings and other relevant material, as these serve as a foundation for in-class activities.

Learning Outcomes

As the instructor, I strive to provide students with classes that are engaging, motivating, and interesting. In return, I expect students to attend classes and to contribute positively to the collaborative nature of the learning experience through their active participation in discussions, by completing the assigned readings, and by offering constructive

You will be graded as a group.

Group Assignment – Presentation Component (10 %)

You are required to present your group paper in class. The format of the presentation is entirely up to your group. Presentations will be capped at 20 minutes per group and all group members are required to participate in some manner during the presentation.

I understand that there may be considerable logistical/organizational challenges that you may face in creating your group assignment. This is by design, as you are likely to face similar challenges in your chosen career after you have graduated.

You will be graded as a group.

Final Examination (35 %)

The final examination will be comprised of multiple choice questions and may also feature a number of short answer questions. No notes or other study aids are permitted during examination. The final exam is NOT cumulative, and covers material from weeks 6-11;14.

Lecture and Reading* Schedule

WEEK	DATES	TOPIC	READING
1	09/09	Introduction	Ch. 1, 2

12	11/23 11/25	Group Presentations	OWL
13	11/30 12/02	Group Presentations	OWL
14	12/07	Looking Ahead	OWL

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You are encouraged to attend every lecture, as some material covered during lectures may not be featured in the readings.

Eating and Drinking in Class

Out of respect and consideration for your fellow students, please refrain from eating during class. Beverages in a lidded container are acceptable.

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, 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 <http://www.uwo.ca/univsec/pdf/board/code.pdf>.

English Proficiency for the Assignment of Grades

http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf.

Accommodation for Medical Illness or Non -Medical Absences

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_medical.pdf

responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A Western University Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the

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information on this topic. You may visit it by following the link below:

http://www.health.uwo.ca/mental_health/index.html

Immediate help in the event of a crisis is available by phoning (519) 661-3030 (during class hours) or (519) 433-2023 (after class hours and on weekends).

Student Development Centre (SDC) Learning Skills Services:

Learning Skills counselors are ready to help you improve your learning skills. They offer presentations on strategies for improving time management, multiple-choice exam preparation/writing, textbook reading, and more. Individual support is offered throughout the Fall and Winter terms in the drop-in Learning Help Centre, and year-round through individual counseling. They may be found in WSS Rm 4100, or at