The University of Western Ontario
School of Health Studies

Health Sciences HS2000A
The Highway to Health

 Fall 2017

Instructor: Dr. K. Kirkwood @KennethKirkwood, @Hiway2health
Email: kkirkwo2@uwo.ca
Office Room Number: Labatt Health Sciences Building #211
Office Hours: To be determined democratically

Prerequisite Checking
 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.
 It’s optional to list prerequisites and/or anti-requisites or you
could refer the student to the current Western Academic Calendar at
www.westerncalendar.uwo.ca.

Course Information Everyone needs to know more about health. With so much
misinformation and “fake news” about health, we need to review the
basics as well as well as look to where research is taking us. Health
seems simple, its understanding health and what is involved that is
infinitely difficult.
Course Readings & Materials
Available on OWL. There is no textbook.

Course Topics
Week 1: Introductions, Syllabus review & Q & A.
Week 2: What the health is health anyway?

Evaluations – THERE IS NO FINAL EXAM.

5% - Twitter Participation (each student must tweet to @Hiway2health
and @Westernu and use #Westernu)

. 10 unique tweets
. Maximum 5 links, at least 5 original thoughts or comments on health
. 1/2 mark per tweet (10 tweets = 5 marks)

Must be completed by December 1st at 11:59pm

15% - Three minute papers

. At the conclusion of 5 classes, you will be asked to answer a question
posed in class with a three-minute time limit.

No submission of a paper means a loss of 3%. You may submit a
written paper in class or email to OWL within the time limit. Late
submissions are worth 0%.

Due in class on prescribed days. Dates TBA.

20% - Food Security Project
- You will be provided with a grocery list for an adult woman and
young child that is Canada Food Guide compliant. You and your
group (1 or more students) will price out the list and then
analyze your findings in the context of the accessibility of health
foods, and the socio-economic implications for Canadians and
their public health.

15% - Personal Health Improvement Project
. In diary fashion, for each week of class, you will submit a weekly diary
of a specific health behaviour modification you have adopted.
. This a participation assignment. As such, offering answers to 4
specific questions each week, will constitute 15%. Failure to complete
the project will result in an assignment grade of 0%
Due on OWL on the Tuesday of each week, beginning on September
20th and ending on December 6th.
45% - Video assignment: What is a serious health issue on campus
today?
* You may do this in groups of any size, or alone.
* Create a video that: * Makes the case that your case is a serious health issue * Verifies it in some way (survey/expert opinion/interviews) * Explains what might be done to minimize the prevalence or the harm
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