

**SUBJECT TO CHANGE**

The University of Western Ontario  
School of Health Studies

Health Sciences 1001a  
Personal Determinants of Health  
September 2020

Online Course Format:

Two-Hour Lecture Posted Online Each Week (Asynchronous)  
Online Tutorials: Tuesdays 11:30am - 12:30pm (Synchronous)

Course Instructors:

Dr. Marnie Wedlake ([mwedlak@uwo.ca](mailto:mwedlak@uwo.ca))

Online Office Hours: TBD

Dr. Shauna Burke ([sburke9@uwo.ca](mailto:sburke9@uwo.ca))

Online Office Hours: TBD

Teaching Assistants (TAs)      E-mail

Online Office Hours

Students With  
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### Course Materials

Required Readings: Students will be assigned several readings throughout the duration of the course. These readings correspond to the lecture topics and will be identified online each week and on the course syllabus (located by logging in to OWL). Additional rea

- Topic 6: Nutrition Basics  
Core Concepts in Health: Chapter 5 (pp. 180-245)  
Reading: Ting, R., Dugré, N., Allan, G. M., & Lindblad, A. J. (2018). Ketogenic diet for weight loss. *Journal of the American Dietetic Association*, 118(10), 906.
- Topic 7: The Marketing of Foods and Beverages to Children and Youth  
Reading: 2017 Report on the Health of Canadians. *Canadian Medical Association*.  
Heart and Stroke Foundation of Canada. 2017. (<http://www.heartandstroke.ca/-/media/pdf-files/canada/2017-heart-month/heartandstroke-reportonhealth2017.ashx>)
- Topic 8:

Mid-Term Exam #1	32.5%	All readings assigned prior to Oct 8
Mid-Term Exam #2	32.5%	All readings assigned after Oct 8 and before Nov 12
Final Exam	35%	<u>All readings</u> * assigned throughout the course

\*While mid-term examinations are not cumulative, the final exam is cumulative. All exams will include material from the textbook and other required readings, as well as any material covered in the lectures (e.g., lecture notes, films/videos, guest presentations, etc.).



experience through active participation in discussions, by completing the assigned readings, and by offering constructive feedback as will be deemed useful to the overall learning experience.

Ideally, we will co-create an online learning environment that welcomes and encourages group dialogues that are dynamic, passionate, and open-minded. That is, a learning experience that is vital and engaging for all. In this regard, it is our hope that we will come together in the spirit of community and shared interest to co-create a learning environment that is supported by civility and mutual respect. In doing so, we will set the stage for a healthy and stimulating intellectual forum.

If you are having problems with any aspect of the course, please contact us, your instructors. We are genuinely committed to your learning experience, we are approachable, and we welcome your comments, constructive criticisms and, of course, your questions.

#### Use of Electronic Devices

During Exams: Unless you have medical accommodations that require you to do so, ss

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) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;
- (ii) 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
- (iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling 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

- e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations