

Western University
Faculty of Health Sciences
School of Health Studies
HS 3025B ±Integrative Health
Winter 2022

****TENTATIVE SYLLABUS : SUBJECT TO CHANGE UP UNTIL JAN. 10th/2022****

Instructor: Dr. Ben Kajaste
Office: TBD
Email: bkajaste@uwo.ca
Phone: 519/661-2111 x n/a
Office Hrs: By appointment
TA:

Notes

1. Over the duration of the course, we will attempt to cover the material indicated. It is possible that we might not complete the suggested material, that the order of material may need to be shuffled around, or that additional material may be added.
2. Lectures will be developed with the text as the primary source however additional material will be included.
3. The learning objectives associated with each section are designed to assist the student in focusing their reading and effort. The topics to be discussed cannot be considered exclusive however, and the student is responsible for all material covered.
4. Exam periods have been selected to conflict as little as possible with other scheduled classes. Please report any known potential conflicts as soon as possible. Exams have been scheduled well in advance, hence, only emergencies will be accepted as valid reasons to miss a scheduled exam. As a general policy, the instructor will not entertain any questions within a one-day period before the day of a scheduled exam. Please note that computer software may be employed to check for unusual coincidences in answer patterns that may indicate cheating on multiple choice exams.
5. Covid considerations: it is possible that the global pandemic may disrupt our planned course schedule. In the event that it does, we will adapt and follow any guidelines set out by the School of Health Studies/the Faculty of Health Sciences/the University.
6. Course delivery with respect to the COVID-19 pandemic :
Although the intent is for this course to be delivered in-person, the changing COVID-19 landscape may necessitate some or all of the course to be delivered online, either

synch0.118g 0 G [()] TJ ET Q EMC /Span <</MCID 7/Lang (en-US)>> BDC q 0.000 ET Q 106.58 456

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) 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.

5. Students seeking academic consideration:

f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

g. Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed

7. 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.
8. 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.
9. 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/academiccalendar/)

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. -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually.

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 [Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](mailto:MentalHealthSupport@WesternUniversity.uwo.ca) 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.uwo.ca/healthandwellness/).

to formal services. Having the numbers of a few trusted individuals is another strategy

The university

F below 50 Fail

It is expected that the grades for this course will fall between 74-78 on average. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade.

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

Grades: Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculation errors (which can occur) should be brought to my attention immediately.

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

This is a practice some students request. This practice will not occur here. The edges of this course are clear and sharp. The mark attained is the mark you achieved, and the mark assigned; Please do not ask me to do

Covid Ground Rules

Masking Guidelines

Students will be expected to wear triple layer, non-medical, paper masks at all times in the classroom as per University policy and public health directives. Students who are unable to wear a mask must seek formal accommodation through Western Accessible Education, and present medical documentation.

Students are not permitted to eat or drink while in class to ensure masks stay in place. Students will be able to eat and drink outside of the classroom during scheduled breaks.

Students unwilling to wear a mask as stipulated by Western policy and public health directives will be referred to the Dean, and such actions will be considered a violation of the student Code of Conduct.

Course Absences due to Daily COVID Screening Questionnaire

Missed assessments (e.g., presentations, essays, quizzes, tests, midterms, etc.) require formal academic considerations (typically self-reported absences and/or academic counselling).

Methods for dealing with missed work and course content are at the discretion of the instructor(s). Students should be aware that some learning outcomes cannot be easily made up and may need to be completed during the course of the semester.

asynchronously (e.g., posted on OWL for students to view at their convenience).