

The former Health Sciences 1000.

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

Instructor Name: Dr. Shauna Burke (She/Her)

Email: sburke9@uwo.ca

Office Hours Day / Time: TBA

Location: TBA

Lectures Day / Time: TBA

Meaningful ways to incorporate equity into the student experience are important to the School of Health studies. To that end, we honour all manner of differences inherent within the student population and incorporate accessible options for inclusion to the best of our abilities in each course offering

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. The purpose of the course is to introduce students to the constructs of health and wellness from a personal perspective. The course covers a range of health-related topics related to personal health and wellness, with a particular emphasis on increasing knowledge, awareness, and improving individual health. Students are expected to review all online lectures, and to: (a) attend and participate in weekly tutorials; (b) complete two mid-term evaluations; (c) complete 9 textbook (Connect) assignments; and (d) write a final examination.

As part of a successful undergraduate experience at Western, we encourage you to make health and wellness a priority. Self-care is a critical component of health and wellness and will be discussed in detail in this course. Western provides several on-campus and online health-related services to help you achieve optimum health and wellness while pursuing your degree. Further information regarding the services available to students may be found at <https://uwo.ca/health/>.

If you are in emotional or mental distress, please refer to Mental Health@Western ([Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](https://uwo.ca/mental-health-support)) for a complete list of options available at Western, or Family Service Thames Valley Family (<https://fstv.ca/>), 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 \(uwo.ca\)](https://uwo.ca/health-wellness). Students are also encouraged to access local health and wellness resources within their home communities.

All course lectures (including information shared by guest speakers), videos, and required readings will focus on the following topics/units. This lecture timetable is subject to change, as needed, throughout the course.

Week 1	Course Introduction
--------	---------------------

Week 6	
Week 7	Weight

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

Tutorial Attendance & Participation	10%	Weekly readings and activities will be discussed during tutorials; students are expected to arrive prepared.
Final Exam	30%	<u>All readings</u> * assigned throughout the course

*While mid-term examinations are not 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.) and through the learning activities.

Please note that 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.

This course has 8 Smartbook assignments.

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 attending tutorials, but active engagement in them, including (for example) contributing meaningfully to group discussions, and a demonstrated effort to prepare by completing assigned readings and following the instructor and TA guidelines. Students who miss tutorials, or parts of them, are responsible for the material they have missed. Instructors and TAs are not obliged to review the contents of missed tutorials or lectures. Persistent absenteeism may have serious repercussions and may result in you failing this course.

You must have a valid medical or compassionate reason for missing a scheduled examination, and documentation for your absence must be filed with the main office of the School of Health Studies (please see "Additional Statements" section below for information pertaining to academic consideration for medical illness or non-medical absences).

Following receipt of approved accommodation from the counselling office, a makeup examination will be scheduled within one week of the originally scheduled exam.

All students in this course need to use OWL Brightspace to access resources used in this course such as PowerPoint (lecture) presentations, Connect activities, videos, additional handouts and/or readings, and this course outline. Students are responsible to check the course site regularly for updates and announcements. Additionally, grades will only be provided to you through the course website – we will not, under any circumstance, convey grades via email or over the phone.

OWL Brightspace is an electronic shared space that will be used frequently throughout the course for a variety of purposes. Please interact respectfully on this shared e-space. The privilege of contributing to the site can be revoked if deemed necessary.

Some components of this course might involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- Please "arrive" to class on time

- Please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)

- Ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material

- To minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless asked otherwise

- Please be prepared to turn your video camera off at the instructor's request if the internet connection becomes unstable

- Unless invited by your instructor, do not share your screen in the meeting

When participating in online meetings, please consider the following:

If you wish to speak, use the "raise hand" function and wait for the instructor/TA to acknowledge you before beginning your comment or question

Remember to unmute your microphone and turn on your video camera before speaking

Please self-identify when speaking

Remember to mute your mic and turn off your video camera after speaking (unless asked otherwise)

General considerations of "netiquette":

Keep in mind the different cultural and linguistic backgrounds of the students in the course

Be courteous toward the instructor, TA, your colleagues, and authors whose work you are discussing (if applicable)

Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment

Be professional and scholarly in all online postings and discussions

All questions regarding course content

This course experience will function according to the assumption that successful learning happens in environments where learning is co-created by the instructor and the students. As the course instructor, I endeavour to provide students with course experiences that are optimally engaging, motivating, and interesting. In return, I expect students to contribute to the collaborative nature of the learning 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 my hope that we will come together in the spirit of community an

December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may _____ one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g., 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g., 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start –and finish – the assessment).

Please note that any academic considerations granted in this course will be determined by the instructor of this course, in consultation with the academic advisors in your Faculty of Registration, in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the Student Medical Certificate or, where that is not possible, equivalent documentation by a health care practitioner.

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will

Within this course, you may only use artificial intelligence tools (e.g., "ChatGPT") in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

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.

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities.](#)

The centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

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 evaluations.

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.

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. 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.

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses)