

Western University
School of Health Studies
HS1001A-650: Personal Determinants of Health
Summer Distance 2024, May 6 – June 14

1.0 CALENDAR DESCRIPTION

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.

Prerequisites: None

Anti-requisites: Former Health Sciences 1000.

2.0 LAND ACKNOWLEDGEMENT

We acknowledge that Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, L naapéewak, and

4.0 COURSE MATERIALS (REQUIRED)

Irwin, J.D., Burke, S.M., Insel, C.E., Roth, W.T., & Insel, P.M. (2023). *Core concepts in health*. Fourth Canadian Edition. McGraw-Hill

You **MUST** purchase the 360-day **e-book rental offered by McGraw Hill Connect** to complete the assigned readings. Please use the following link to purchase your subscription - <https://bookstore.uwo.ca/product/cebcodeid47305>

5.0 COURSE OBJECTIVES

Determinants of health include a broad range of personal, social, economic, and environmental factors that determine individual and population health. This course carefully examines the personal factors, which include psychological health, stress, weight management, nutrition, physical activity and exercise, relationships, sexual health, drug use, addiction, and sleep.

5.1 STUDENT LEARNING OUTCOMES

Learning Outcome	Learning Activity	Learning Assessment
<i>Depth and Breadth of Knowledge</i> Understand how various personal factors influence health and wellness at an individual and population level	Lectures Readings	Forums Essay Exams
<i>Application of Knowledge</i> Evaluate important concepts, key terms, and prominent theories, and demonstrate an understanding of these via forums, essay, and exams	Lectures Readings	Forums Essay Exams
<i>Application of Methodologies</i> Establish and demonstrate an understanding of critical reflection via essay	Lecture (Writing Seminar) Videos	Essay

6.0 EVALUATION

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the grades for this course will fall between **72-76%**. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.

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

Policy on Grade Rounding: Course grades are rounded to the nearest whole number; no further grade

Quizzes (20%): There are four online quizzes in this course. The quizzes cover material from the PowerPoints and assigned readings. Quiz 1 will be available to complete asynchronously on **May 19**. Quiz 1 covers content from chapters 1 and 2 and is worth 5%. Quiz 2 will be available to complete asynchronously on **May 28**. Quiz 2 covers content from chapters 3 and 4 and is worth 5%. Quiz 3 will be available to complete asynchronously on **June 9**. Quiz 3 covers content from chapters 6 and 9. Quiz 4 will be available to complete asynchronously on **June 14**. Quiz 4 covers content from chapters 10 and 13. Each quiz consists of 15 questions and includes multiple-choice, true or false, matching, and fill-in-the-blanks. All quizzes include a time-limit. Please make sure you have a strong internet connection before beginning each quiz. The quizzes will be completed on OWL using the Assessments (Quizzes) tool on **Brightspace**.

Midterm Exam (25%): The midterm exam covers all assigned readings and PowerPoint materials presented from lectures 1-5. This assessment consists of 60 questions and is formatted as multiple-choice, true or false, matching, as well as fill-in-the-blanks. This exam takes place **asynchronously** on **June 2** via the Assessments (Quizzes) tool on **Brightspace**.

Final Exam (35%). The final exam is **cumulative** and covers all assigned readings, videos, and PowerPoint materials presented in this course. This assessment consists of **75 questions** and is formatted as multiple-choice, true or false, matching, as well as fill-in-the-blanks. This exam is takes place on **June 25** during the summer distance final exam period. This assessment is **synchronous** and is to be completed via the Assessments (Quizzes) tool on **Brightspace**. The exact time will be posted to the Communications (Announcements) tool on **Brightspace** in the coming weeks.

*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. Proctortrack (and other online proctoring software) **will NOT be used** in this course.*

7.1 GRADE DISTRIBUTION

Component	Value %
Forum	10
Assigned Readings	10
Quizzes	20
Midterm Exam	25
Final Exam	35
Total	100

8.0 SCHEDULE

8.1 LECTURES

9.0 COVID-19 CONTINGENCY PLAN FOR IN-PERSON CLASS PIVOTING TO 100% ONLINE LEARNING

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor.

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, tests and examinations in this course will be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>

12.0 USE OF RECORDING DEVICES AND COURSE CONTENT

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.

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**

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15.0 ACADEMIC CONSIDERATION

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. 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) 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

(ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office in their Faculty of registration, in order to be eligible for academic consideration.

15.1 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 appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis;

Must communicate with their instructors no later than 24 hours after the end of the period covered by SMC, or immediately upon their return following a documented absence;

Are advised that all necessary documentation, forms, etc. are to be submitted to academic advising office within two business days after the date specified for resuming responsibilities

16.0 SUPPORT SERVICES

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.

18.0 COMMON CONCERNS GUIDELINES

The table below summarizes a list of common student concerns and how they are to be resolved. If you have a concern that is not listed here, then please email your instructor.

Concern	How to address concern
Course administrative matters	Read through the course outline or email instructor if question cannot be answered from information in the