

The University of Western Ontario  
School of Health Studies

- Topic 3: Stress: The Constant Challenge  
Core Concepts in Health: Chapter 3 (pp. 64-93)
- Topic 4: Obesity and Weight Management  
Core Concepts in Health: Chapter 4 (pp. 94-127)  
Reading: Roberts, K. C., et al. (2012). Overweight and obesity in children and adolescents: Results from the 2009 to 2011 Canadian Health Measures Survey. (3), no. 82-003-X.
- Topic 5: u # ' = ' ° ' U ' h  
Reading: Martin, L., et al. (2009). The use of group dynamics strategies to enhance cohesion in a lifestyle intervention program for obese children. , , 277-288.
- Topic 6: Nutrition Basics  
Core Concepts in Health: Chapter 5 (pp. 128-175)  
Reading: Lustig, R. H., Schmidt, L. A., & Brindis, C. D. (2012). The toxic truth about sugar. , 27-29.
- Topic 7: Health and Nutrition for Infants: The Benefits of Breastfee00.47 Tm[0734,BT151 0 0 1 109.58 459

Topic 14: Laughing Your Way to Better Health  
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Each student must complete three online quizzes, two in-class mid-term examinations, and one final examination. Mid-term exam #1 is scheduled for (during class time). Mid-

makeup examination will be scheduled within one week of the originally scheduled exam. Please note that makeup examinations will differ from the originally scheduled examinations, and may include written/essay components.

With regard to online quizzes, it is the general policy of this course to disallow completion of quizzes past the allotted time frame. Students who do not complete the quizzes in the time available will be given a grade of zero for the quizzes that are missed.

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These are practices some students request. These practices will not occur in this course. The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, and there is no re-weighting of exams or exam questions. Please do not ask me to do this for you. It degrades my experience as your professor and your experience as a student. We both have an appreciation of high standards.

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

OWL Sakai 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.

Please contact Instructional Technology Services (ITS) for difficulties in accessing OWL Sakai at (519) 661-3800, or <https://servlet.uwo.ca:8081/helpdesk/index.jsp>.

All questions regarding course content should be posted on OWL Sakai forums. Forums, or discussion



