

The University of Western Ontario, School of Health Studies  
HS2250a, 2018  
Introduction to Health Promotion

Instructor: Dr. Jennifer Irwin  
jenirwin@uwo.ca; 662-1111 ext 88367; Office location: Rm 338 HSB; Office Hours:  
Mondays 1:00 – 2:30pm.

Class Hours: ~~Mondays 3:30- 5:30pm~~ and Wednesdays 3:30 – 4:30pm; Location: TBA

Required Course Text McKenzie, J.F., Neiger, B.L. & Thackeray, R. (2017).  
Planning, Implementing and Evaluating Health Promotion Programs. 4th Edition. Jones & Bartlett Learning.

- the health of Canadians
- ” Name and define the processes involved in developing, implementing, and evaluating effective health promotion programs
- ” Apply health behaviour theories to real-life scenarios through peer-to-peer engagement
- Deliver behaviour change strategies through peer-to-peer engagement and motivational interviews

### Learning Resources

- ” Required Course Text: McKenzie, J.F., Neiger, B.L. & Thackeray, R. (2017). Planning, Implementing and Evaluating Health Promotion Programs. Toronto: Pearson.
- ” On-line readings are also your responsibility for the course and exams
- ” Recorded Lecture on Blackboard Collaborate/OWL
- ” Online Modules, Practice Quizzes & Forums on OWL
- ” Online Health Promotion Modules through Public Health Ontario (please visit: <http://www.publichealthontario.ca/en/LearningAndDevelopment/OnlineLearning/HealthPromotion/Pages/HPFoundations.aspx>)
- ” Clickers (iClicker)
- ” Backchannel (Kountu)

Prerequisite Checking: 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.

### Grading Method:

Quiz (optional) æ Unit 1	10%	In-class October 1 (optional)
Midterm Exam æ Units 1 & 2	35%	In-class October 22 (not optional)
Quiz æ Unit 3	10%	In-class November 7 (optional)
Final Exam æ Units 3, 4, 5	45%	Date & time determined by Registrar's Office (not optional)

### Midterm and Quizzes:

Midterm and quizzes will include predominantly multiple choice (including 'multiple choice') questions. You are welcome and encouraged to submit questions for me to consider including on the quizzes/exams. You must make sure they are in the format consistent with practice quizzes. You have the choice to write a quiz on unit 1 on October 1 and on unit 3 on November 7. If you choose to not write the quizzes or for any reason

do not write the quizzes, your midterm exam will be worth 45% (if you don't write the first quiz) and your final exam will be worth 55% (if you don't write the second quiz). you sit down to write a quiz you will receive a grade for it (ie., you cannot look over it and then decide to not write it). There will be NO make-up quiz offered for any reason. The dates the university is open for classes, are the dates used to determine the course schedule.

Computermarked multiplechoice 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 note that students must see their counsellors if they miss a midterm or final examination, and students must contact the instructor and counsellor to the missed exam if at all possible. Failure to do so could result in a zero grade assigned to the missed exam. Please refer to the Policy on Accommodation for Medical Illness located on page 3 of this syllabus at the following website: <https://studentservices.uwo.ca/secure/index.cfm>.

nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Communication:

During class, we will be pilotesting a new program called, "Kontu", that will





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; there is no rounding to the next grade level or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review page 4 of the course outline where this is presented"

Students should log into OWL on a regular basis (i.e., daily in case of announcements) using their UWO username and password for access to the HS 2250a course page.

## Course Units, Dates, and Required Readings

NOTE: Some of the material on OWL (e.g., online chapter modules, questions ~~for the~~ and practice quizzes) are there to support your learning and will not be graded. What follows is the list of the ~~content~~ which you are responsible with respect to quizzes and exams.

Unit 1: Health Promotion, Health Education, and Disease Prevention in Canada (September 7<sup>th</sup> – 26<sup>th</sup>).

Readings Chapter 1; online health promotion modules through the Public Health Ontario website (“Module 1 – Definitions and Concepts” & “Module 2 – Milestones in the History of Health Promotion”) & journal article posted online (Scarapicchia et al., 2015)

Unit 1 Optional Quiz: October 1st (in-class first hour of class is lecture, then quiz)

Unit 2: Models & Theories for Health Promotion and Disease Prevention (October 1 – 17; no classes the week of October 8<sup>th</sup> as it is the Fall Reading Week)

Readings Chapter 3 & 7

Midterm Exam: October 22 (in class) NOTE: refer to posting on OWL see where you are writing the exam – to ensure an exam is there for you, you MUST write in the room assigned.

Unit 3: Health Promotion Program Planning (October 24 – November 5)

Readings chapter 2, 4, 8 plus online articles posted on OWL

Unit 3 Optional Quiz: November 7<sup>th</sup> (no lecture will take place on this date)

‘Kindness as a Health Promotion Strategy,’ in recognition of World Kindness Day (November 12<sup>th</sup>)

Unit 4: Implementing Health Promotion Programs (November 14 – 26).

Readings chapter 9, 10, 11, 12

Unit 5: Evaluating Health Promotion & Disease Prevention Programs (November 28 – December 5)

Readings: chapter 13 & 14

~Class dates and topics subject to change at Instructor’s discretion~