

THE UNIVERSITY OF WESTERN ONTARIO  
LONDON, CANADA

St. Joseph's

Health

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CE DES

Students will create and participate in practica in the areas of senior exercise and lifestyle, physical activity and rehabilitation, health policy, health promotion, health equity, nutrition, and mental health and wellness, or other areas as appropriate. Practica are developed together with the student, a practicum supervisor who provides direct supervision, and the faculty instructor. Essay type assessment is one of the evaluative components of the course. Practicum hours are coordinated by the practicum supervisor, as required by the organization. On average, 6 hours per week are expected, although this may vary substantially from week to week.

Prerequisites: Enrolment in the fourth year of an Honors Specialization in the School of Health Studies. Application required.

Antirequisites: The former Health Sciences 4900E, the former Health Sciences 4910F/G.

Note regarding 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.

CE

\_\_\_\_\_ (please, use the Owl message system for communication on this course)

Office Hours: Friday 2 pm (you will be able to book a meeting outside the office hours if necessary)

Experiential Learning (H.9 (e)-iTw s (HSB)

\_\_\_\_\_ Office hours TBA

TAs may be assigned to assist in this course.

ER

There are no required readings of any kind for this course, other than readings that are provided by your practicum supervisor and the academic texts you find relevant to develop your reflection logs.



In this course, you will create and participate in a practicum in the areas of senior exercise and lifestyle, physical activity and rehabilitation, health policy, health promotion, health equity, nutrition, and mental health and wellness, or other areas as appropriate with the objective of offering you the opportunity to:

1. Gain practical experience in a real-world professional field relevant to your area of studies
2. Reflect on the application of academic knowledge to practice
3. Assess the work placement experience in terms of personal, academic and professional development



Upon completion of this course you will be able to:

1. Describe your experiences working in a real-world professional setting;
2. Critically reflect on your personal, academic and professional growth and development through the field experience;
3. Apply knowledge to practice in a real-world environment
4. Determine best practices for effectively addressing professional issues in the field

to re-submit the learning contract should your plans change but you should refer to these changes in your final reflective paper.

2. Reflective logs For you to learn from the placement experience in a meaningful and depth manner, it is essential for you to reflect continuously on this experience. This reflection started with the production of your learning contract. To evidence that a continuous process you are also required to submit three reflective logs throughout the term, in each of which you will

- a) reflect upon a meaningful event/experience occurred during your placement
- b) report on an academic source which helped you make sense of that event and
- c) report on your participation in the practicum group online discussions.

In OWL, you will find a resource to help you write your reflective logs. All the submission dates/times for the logs are as indicated in the previous table. The required length for each reflective log is between 800 and 1000 words

5. Zine+ participation in final practicum event You are required to represent your practicum experience creatively by producing a Zine. A Zine is an informal and personal small booklet in which you can creatively but reflectively represent the most meaningful experiences related to your placement experience (a Zine source on OWL will help you with this. Our mid-term meeting will assist you in creating the first draft of your zine). For now, if you are curious about zines, go to [how to make a zine](#) from [nicki sabalu](#) on [Vimeo](#) or for a more detailed explanation in a zine form see [David's MetaZine: The History and a How to of Zine Presentation](#). You will be required to present your zine to your peers in the practicum final event (6<sup>th</sup> March, date to be confirmed). You will be required to submit your Zine as a pdf file through the assignment tool in OWL no later than 11.00 pm on 2020.03.26.

6. Final reflective paper You are required to submit a final reflective paper in which you provide an overall reflection on your practicum experience. This document will include:

- a) Reflection on the learning gained and its impact on you and your work context;
- b) Reflection on the experience of creating and sharing a zine with a community of peers.

On OWL, you will find a resource to help you write your final reflective paper. This assignment must be submitted through the assignment tool in OWL, no later than 11.00 pm on 2020.03.31 and will be between 1000 and 1300 words in length.

Formatting: The word count for all assignments exclude the references and title page, if included. Documents should be double-spaced and formatted using a font size no smaller than 12 points. Referencing should follow the APA guidelines.

NOTE: All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers

submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

## LATE POLICY

All assignments are due on the date and at the time indicated. Late assignments are penalized at a rate of 1% for each hour after the deadline. No assignments will be accepted more than four days late.

**ENR C6 SH**

**EDB**

	Focus/ Event
Week starting on the 8 <sup>th</sup> of January. (Date and room to be announced on OWL)	1 <sup>st</sup> Practicum meeting with the faculty instructor, the placement coordinator, and peers. What is a practicum course? Duties and responsibilities. Expectations. Q&A.
25 <sup>th</sup> January	Submission of the Learning Contract.
1 <sup>st</sup> February	Submission of the 1 <sup>st</sup> reflective log.
15 <sup>th</sup> February	Submission of the 2 <sup>nd</sup> reflective log.
22 <sup>nd</sup> February	15% of the mark to be communicated to students.
Week starting on the 24 <sup>th</sup> February (Date and room to be announced on OWL)	2 <sup>nd</sup> Practicum meeting with the faculty instructor, the placement coordinator and peers. General feedback on the reflective logs. Creation of a zine. Discussion with peers. Q&A.
14 <sup>th</sup> March	Submission of the 3 <sup>rd</sup> reflective log.
26 <sup>th</sup> March	Zine Submission. Final practicum event (date to be confirmed). Zine sharing.
31 <sup>st</sup> March	Submission of final reflective paper.

**ENR C6 SH**

## Student Code of Conduct

You are expected to comply with the Code of Student Conduct at all times in the classroom, and when dealing with members of the instructional team. The purpose of this Code is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/pdf/board/code.pdf>

## Course Website

The OWL website will function as a privileged space for communication between all participants in this course. Important resources and announcements will be posted regularly, so please check this space weekly.

### Communication with Faculty Instructor

Please use the OWL mail system to communicate ~~with~~ your faculty instructor on issues related to this course or to book a meeting outside of the office hours. ~~They will be answered~~ these twice/ week, so do not expect an immediate reply.

### Communication with Placement Coordinator

The placement coordinator is available by email to answer questions regarding the logistics of your practicum placement. All academic questions must be directed to the faculty instructor. The placement coordinator will also hold scheduled office hours for student meetings.

### Grade Adjustments

Final grades in this course will be taken to the closest integer, I will “round off” decimals). I will not, under any circumstances “pump up” your grade (i.e., to facilitate professional school applications etc.). This includes grades that end in a “5”. 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

- x 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 for a self-reported absence;
- x Must communicate with their instructors no later than 24 hours after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- x Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities.

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for reporting of medical or extenuating circumstances:

- a. Students will be allowed a maximum of two self-reported absences per semester.

