SUBJECT TO CHANGE

The University of Western Ontario
School of Health Studies

Health Sciences 1001a
Personal Determinants of Health
September 2021

Course Topics: 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 Reading: Course Outline
Week 2:	Taking Charge of Your Health Reading: Core Concepts in Health, Chapter 1 (pp. 2-43) Additional (Supplemental) Reading: Belluz, J. (2012). Good science vs. bad science. Macleans.ca [(https://www.macleans.ca/uncategorized/good-science-vs-bad-science/)](https://www.macleans.ca/uncategorized/good-science-vs-bad-science/) *SmartBook Assignment (Ch 1): Due Sept 20, 2021
Week 3:	Psychological Health Reading: Core Concepts in Health, Chapter 2 (pp. 44-89) *SmartBook Assignment (Ch 2): Due Sept 27, 2021
Week 4:	Stress: The Constant Challenge Reading: Core Concepts in Health, Chapter 3 (pp. 90-129) *SmartBook Assignment (Ch 3): Due Oct 4, 2021
Week 5:	MID-TERM EXAM #1 – OCTOBER 5, 2021 (*No tutorials this week)
Week 6:	Weight Management and Childhood Obesity Reading: Core Concepts in Health, Chapter 4 (pp. 130-179) *SmartBook Assignment (Ch 4): Due Oct 18, 2021
Week 7:	Nutrition Basics Reading: Core Concepts in Health, Chapter 5 (pp. 180-245) Additional (Supplemental

Exams

Please note that the mid-term assessments on October 5 and November 9 will be completed online and are expected to take no more than 2 hours to complete. All students will be allotted a 5-hour window to complete the 2-hour timed exam. Students with approved accommodations will be granted extra time as necessary.

The final exam in December will be scheduled by the Registrars Office at a later date and it is strongly recommended that students do not plan holidays/vacations until the Registrars Office publishes the final exam schedule.

Evaluation	Percentage	Readings Included (if applicable)
Mid-Term Exam #1	30.5%	All readings assigned prior to Oct 5
Mid-Term Exam #2	30.5%	All readings assigned after Oct 5 and before Nov 9
SmartBook Assignments	4%	Readings specific to 9 course topics (.5% x 8 best scores)
Tutorial Attendance & Participation	10%	Weekly readings and activities will be discussed during tutorials; students are expected to arrive prepared
Final Exam	25%	All readings* assigned throughout the course

*While mid-term examinations are not cumulative, the final exam is 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.

SmartBook Assignments

Smartbook assignments will account for a total of 4% of your final mark. Smartbook assignments are organized for only the course topics/units that are linked to chapters from the textbook. This means that you will have 9 textbook chapters that will be used as the basis for Smartbook Assignments (these units and chapters are noted in the weekly course overview above). *Only your top 8 (out of 9 possible) scores will be used, for a total of 4% of your final grade (.5% each). It is recommended that you complete each assignment prio

More details are:

- When you get 2 questions in a row (or more) incorrect, before you may continue to the next question, you must click the resource link button that is below the question. This will take you directly to the highlighted section of SmartBook where the question is addressed. This is meant to provide a direct association to the course material and give you the opportunity to self-correct.
- If you provide an incorrect response again (i.e., 3+ wrong in a row), the forced pause will continue.
- Once you provide a correct response, the system resets to two questions in a row before a forced pause occurs.

Tutorial Attendance and Participation

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's or TA's 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.

Makeup Exams

You must have a valid m

It is expected that the grades of this course will fall between 68% and 72%. 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.

Prerequisites

Unless you have either the requisites for this course or written special permission from your Dean to enroll

When participating in online meetings, please consider the following:

- if you wish to speak, use the “raise hand” function an

LearningEnvironment

This course experience will fun

ADDITIONAL STATEMENT