

**UNIVERSITY OF WESTERN ONTARIO
SCHOOL OF HEALTH STUDIES
HS4202A: HEALTH BEHAVIOUR
FALL 2021**

behaviour change, and population health. Students will have a lot of freedom in specific topic choice within these three broad categories. Additional information will be provided vis OWL and during lecture. There will be **one final 3 hour examination (combination of multiple choice, short answer, and essay questions; worth 40% of the grade).** See section E for due dates.

E. COURSE TIMETABLE ^{*}(SUBJECT TO CHANGE)^{***}**

DATE	TOPIC
Sep 08	No Lecture
Sep 09	Course Overview
Sep 15	Health Behaviour & Theory
Sep 16	PRECEDE-PROCEED Model
Sep 22	Value-Expectancy Theories
Sep 23	Threat/Fear Models
Sep 29	
Sep 30 (Assignment)	

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>).

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.

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: [Academic Calendar - Western University \(uwo.ca\)](http://www.uwo.ca)

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 self-reporting of medical or extenuating circumstances:

- a. Students will be allowed a maximum of two self-reported absences between September and April, and one self*

K. HEALTH & WELLNESS

As part of a successful undergraduate experience at Western, we encourage you to make The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year.

Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body p,2 Tpyecng4an Ym