(subject to change)

HS1001A
Personal Determinants of Health
School of Health Studies

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Office Hours (via Zoom):

TBA

Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapéewak, and Attawandaron peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum.

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with both online and in-person components. Weekly asynchronous, online lectures will be posted to OWL each Monday. Weekly tutorials will be in-person (the day and time will vary by section).

By the end of this course, students will be able to:

1) Describe the concepts of health, wellness, and disease,
2) Identify key personal determinants of health,
3) Explain major physical and psychological illnesses and their connection with personal determinants, and
4) Discuss health-related topics using diverse, equity-based, and scholarly perspectives.

I would like to create a learning environment (both online and in-person) that prioritizes mutual respect. We all bring unique experiences and identities into the classroom that shape our individual points of view. As we explore diverse lived experiences and scholarly perspectives, I expect all students to engage with different beliefs, ideas, and opinions in a respectful manner. The teaching team is committed to creating a constructive, positive learning environment that promotes personal and scholarly growth. As a classroom community, we should aim to share the values of a caring, inclusive, and respectful environment.

While I have taken care to meaningfully incorporate the principles of equity, diversity, and inclusivity within the content of this course, I am still learning (and unlearning) about social identities, social issues, and social justice. You are always welcome to contact me if you have suggestions to improve the quality of the course content.

If something was said in lecture or tutorial that made you feel uncomfortable, please do not hesitate to reach out to any member of the teaching team. Your feedback may be provided anonymously. Similarly, if you feel as though your performance in this course is being impacted by your experiences outside of class, please contact the instructor.

To succeed in this course, students require consistent a

Please note that additional readings may be posted to OWL throughout the course to enrich your understanding of course content and health as a general concept, however, they will not be required/mandatory (i.e., not testable).

Students are expected to review all lectures and required readings, complete all weekly assignments, participate in a minimum of six weekly tutorials, write two midterm examinations, and write the final examination. Students are also responsible for regularly checking the OWL course site for updates and announcements.

10%	Weekly Assignments	Weekly *Online*
10%	Tutorial Attendance and Participation	Weekly *In-person*
25%	Midterm Examination #1	1 *Online*
25%	Midterm Examination #2	*Online*
30%	Final Examination	TBA by the Registrar's Office

Weekly assignments (online via OWL) will account for 10% of your final grade. There are 8 assignments in total*. Your lowest assignment grade will be dropped (i.e., if you miss a single assignment, it will not affect your grade). Weekly assignments will open on Monday at 12:00am and are due Friday at 11:59pm. Students may complete the assignment at any time during this period. There is no time limit when completing the assignment, however, it is recommended that you allocate approximately 60-90 minutes to each assignment.

Each weekly assignment will correspond with the textbook chapter(s) assigned for that week. It is highly recommended that students complete the readings for each week *prior to* beginning the assignment. The assignments are designed to prepare you for examinations, as they facilitate engagement with course content and can help you proactively identify gaps in your knowledge.

Assignments

Late Policy: Late assignment submissions will be accepted until 11:59pm on Sunday without academic penalty. You do not need to notify the teaching team of a late submission (your submission will be automatically flagged as late). Beyond this 48-hour grace period, students should seek academic consideration (please see the "Course and School of Health Studies Policies" section of this syllabus).

**If a student is unable to submit an assignment due to medical or compassionate circumstances, a remedial assignment will be required as a proxy for this course component. Students should consult the academic consideration procedure outlined in the "Course and University Policies" section of this syllabus.*

Tutorial attendance and participation will compose 10% of your final grade. There are 8 tutorials across the term and students are encouraged to attend all sessions. At the minimum, you are required to attend at least 6 tutorials to pass this course*.

You MUST attend the specific tutorial that you are registered in to be marked as present. There are no exceptions due to limits on room capacities.

Tutorial discussion topics will vary in alignment with the course topic for each week and are designed to enrich your understanding through applied learning strategies (i.e., activities, discussions, etc.). Participation will be evaluated by the tutorial leader based on active engagement with the tutorial activities.

**I understand that "life happens" and it may not be possible for you to attend every tutorial. For this reason, this course will employ a flexible attendance evaluation, where students are permitted to miss a maximum of 2 tutorials without academic penalty (i.e., you do not need to seek acs oen7 2 mt2t erts2> no= T mŬ M l M M Æ M m φ m l 2lapse e3 " es2orlthi*

Midterm 2 (25%): All course content from Weeks 6-9 will be considered testable.

The final examination will be 3 hours in duration and scheduled by the Registrar's Office at a later date. The final examination will be online and cumulative (i.e., content from weeks 1-14 will be considered testable) and will include, but may not be limited to, multiple choice and true or false questions. Further details regarding the structure of the final exam will be posted on OWL.

Students are expected to participate in all course examinations as scheduled. However, students with approved consideration and documentation from academic counselling due to medical or compassionate reasons may write a makeup examination.

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Makeup midterm examinations will be scheduled within one week of the originally scheduled examination. Per University policy for first-term courses, the makeup examination for the final exam will be held on the Thursday of the first week of classes in Januarm

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The following course schedule table indicates the topic for each week of instruction, as well as the required readings for thatrseth£ r t ~ " th£ r" rhedu D l

Week 9:	Sexual and Reproductive Health	Chapter 11: Healthy Sexuality	Tutorial #6 OWL Assignment #6
Week 10: h	Midterm Examination #2.	None.	from 12:30 PM - 2:00 PM. Online. No lecture, tutorial, readings, or OWL assignment.
Week 11:	Health Across the Lifecourse	Chapter 16: Aging: An Ongoing Process (*Guest Lecture by Julia Yates*)	Tutorial #7 OWL Assignment #7
Week 12:	Drugs and Addiction	Chapter 13: Drug Use and Addiction	Tutorial #8 OWL Assignment #8
Week 13:	Final Examination Review	None.	No tutorial or OWL assignment. The final exam will be announced by the Registrar's Office at a later date.

All students in this course must regularly access the OWL course website to access course announcements, content, evaluations, updates and other course components. All grades will be conveyed through OWL (under no circumstance will they be emailed to students).

Please note that the OWL course website is a shared virtual space, and that you are expected to

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 https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20.

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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).

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

(i) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or

(ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office in their Faculty of registration, in order to be eligible for academic consideration.

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
- 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;
- Must communicate with their instructors no later than 24 hours after the end of the period covered by SMC, or immediately upon their return following a documented absence;
- Are advised that all necessary documentation, forms, etc. are to be submitted to academic advising office within two business days after the date specified for resuming responsibilities.

Support Services:
There are various support services around campus and these include, but are not limited to:

1. Student Development Centre --

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 from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western Mental Health Support - Health & Wellness - Western University (uwo.ca)for a complete list of options about how to obtain help or Thames Valley Family Services (https://www.familyservicethamesvalley.com/), a trusted provider within the community. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: Health & Wellness - Western University (uwo.ca). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

The table below summarizes a list of common student concerns and how they are to be resolved. If you have a concern that is not listed here, then please email your instructor.

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Course administrative matters	Read through the course outline or email instructor is question cannot be answered from information in the course outline
Course content questions	Refer to the OWL Resources (notes, calendar, etc.). Email the instructor.