

The University of Western Ontario, School of Health Studies
HS2250a, Section 650, Fall 2023
Introduction to Health Promotion
Distance Studies (this course is entirely online)
DRAFT OUTLINE & SUBJECT TO CHANGE

Welcome to HS2250a! This course outline is intended to provide students

accommodate differing learning preferences. There are portions of this course for which additional online supports are provided, and portions where students are expected to use 'traditional' learning aides only (i.e., lectures & independent reading).

Students are expected to engage with the course material for an additional 7-8 hours per week beyond the lectures to achieve optimum success. This engagement will include: attending to assigned readings

5	Oct 2		<p>Nixon, S.A. The coin model of privilege and critical allyship: Implications for health. <i>BMC Public Health</i> 19, 1637 (2019). https://doi.org/10.1186/s12889-019-7884-9</p> <p>Chandanabhumma, P. P., & Narasimhan, S. (2020). Towards health equity and social justice: An applied framework of decolonization in health promotion. <i>Health Promotion International</i>, 35(4), 831–840. https://doi.org/10.1093/heapro/daz053</p>
6	Oct 10	3: Models & Theories for Health Promotion	<p><i>From the Custom Course Reading Package:</i> Chapters 3 & 7 (McKenzie et al., 2013 & 2017)</p> <p>Midterm 1 will occur on Oct 2th</p>
7	Oct 16		
8	Oct 23	4: Health Promotion Program Planning	<p><i>From the Custom Course Textbook:</i> Chapters 1, 2, & 3 (McKenzie et al., 2022)</p> <p>and</p> <p>Motivational Interviewing Basics</p>
9	Oct 30		
10	Nov 6		
11	Nov 13	5: Implementing Health Promotion Programs	<p><i>From the Custom Course Textbook:</i> Chapters 4, 5, 6, & 7 (McKenzie et al., 2022); application example</p> <p>Midterm 2 will occur on Nov 6th</p>
12	Nov 20		
13	Nov 27	6: Evaluating Health Promotion Programs	<p><i>From the Custom Course Textbook:</i> Chapters 8 & 9 (McKenzie et al., 2022)</p> <p>and</p> <p>Evaluation Health Promotion Programs: Introductory Workbook</p>
14	Dec 4		

Grading Method:

Weighting	Grade Component	Date
32.5%	Midterm 1	October 12 th at 7:00 PM EST <i>Units 1-2</i>
32.5%	Midterm 2	November 16 th at 7:00 PM EST <i>Units 3 & 4</i>
35%	Final Exam	TBA <i>Cumulative</i>

The “Remote Proctoring Student Guide to Proctortrack” can be found here:

https://remoteproctoring.uwo.ca/student_resources/Student%20Guide%20to%20Proctortrack.pdf

If you need to borrow a computer to support your ability to take exams for this or other courses, please reach out to examcentral@uwo.ca as soon as possible to make arrangements.

More information about this remote proctoring service is available on Western’s Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Exams Details:

All content included in the lectures and assigned readings and resources is examinable. Exams will include predominantly multiple choice (*including ‘multiple-multiples’*) and some true/false. You are welcome and encouraged to submit questions for me to consider including on the assessments – you must make sure they are in the format consistent with practice quizzes (which are for practice and not worth grades). When you submit questions, be sure to provide what you believe is the correct answer and from where you took the information. Make-up exams may take the form of short-answer and/or essay-style questions.

Computer-marked multiple-choice assessments may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

If you miss any of the examinations in this course, you are required to be in touch with your Academic Counseling office as soon as possible and within 24 hours of the missed exam. It is also a good idea to inform the course instructor immediately.

Zoom, and TopHat. Students do not have permission to make audio or video recordings of lectures, take pictures of lecture material, or distribute any course content for any reason inclusive of nefarious purposes (e.g., for sale or to cheat on exams). It is the decision of the instructor as to how and when teaching materials can be shared or used. **Unless explicitly noted otherwise, you may not make audio or video recordings of pre-recorded lectures or other course materials. Nor may you edit, use, distribute, or re-broadcast any of the material posted to the course website**

Communication

The Course Instructor and Teaching Assistants will hold weekly online office hours via Zoom. Students may book an appointment through OWL's 'Sign-

You must have a valid medical or compassionate reason for missing a scheduled examination (midterms and final), and documentation for your absence must be filed with the main office of the School of Health Studies (please see section below for information pertaining to **academic consideration** for medical illness or non-medical absences).

Following receipt of approved accommodation from the counselling office, a makeup examination will be scheduled. Please note that makeup examinations will differ from the originally scheduled examinations, and may include written/short answer components.

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 aca1.9(r)9 , cl(cl(cl(i4-1.e)-1(pi1l(i4-1.e)-1(/tfar)4(y)8(,6)]TJ0 Tc 0 Tv

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>.

Academic Offences

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 website: [Academic Calendar - Western University \(uwo.ca\)](#)

Support Services

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

1. Student Development Centre -- <http://academicsupport.uwo.ca/>
2. Student Health -- <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

English Proficiency for the Assignment of Grades

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

Health and Wellness:

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 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 wellne4(o)8(M)6(et96.36 175.44 Tm(.)Tj0.25 0 Td(.)Tj0.001 Tc 0.003 Tw 0.23

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	