



**Faculty of Health Sciences  
Interdisciplinary School of Health Sciences**

**Course Syllabus – HSS1101WC (Fall 2020)**

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**University of Ottawa  
Faculty of Health Sciences  
Interdisciplinary School of Health Sciences  
Course Syllabus - HSS1101WC (Fall 2020)**

**Part 1: Course Information**

**Title: Determinants of Health**

**Prefix/Section: WC**

**Credits: 3**

**Begins/Ends: September 9<sup>th</sup> 2020 / December 9<sup>th</sup> 2020**

**Meeting Day/Time: Online**

**Last Day to Withdraw:** Check University calendar using this link:

<https://www.uottawa.ca/important-academic-dates-and-deadlines/>

**Delivery Type: Online Modules [asynchronous (recorded) lectures & real-time study groups]**

**Class Location: Online (via BrightSpace)**

**Course Website:** <https://www.uottawa.ca/en/students>

**Instructor's Information:**

**Professor name: Tien Nguyen**

**Office Location: *Currently not available***

**Office Hours: Online (To Be Determined)**

**E-mail: [tien.nguyen@uottawa.ca](mailto:tien.nguyen@uottawa.ca)**

*Please include the Teaching Assistant(s) in all email communications [i.e. "cc" the TA(s)]*

Best time to communicate with me → before or after class and during office hours

My email response time: up to 3 business days (limited availability on weekends and holidays)

**Teaching Assistant (TA): Julia Hajjar [email: [jhajj058@uottawa.ca](mailto:jhajj058@uottawa.ca)]**

**Course Description:** Introduction to health sciences including models and concepts of health and wellness, illness and disease. Biological, psychobehavioural, socio-political and environmental determinants of health will be examined.

**Prerequisite: None**

**Recommended Textbook:**

Donatelle & Thompson (2018). Health: The Basics, 7<sup>th</sup> Canadian Ed. Pearson Education Canada. Toronto, Canada.

**Additional Readings: (if need be) will be provided during the course.**

**Course Requirements:** Access to “BrightSpace” [Please Note: this course will NOT be using the *Top Hat* platform (more information will be posted in the BrightSpace “announcements” page)]

**BrightSpace [All course materials will be posted in the HSS1101WC BrightSpace page]:**

- Course syllabus, announcements, notices, and supplemental electronic readings will be posted on “BrightSpace”.
- To access the course website, you must log into the Virtual Campus found here: <https://www.uottawa.ca/en/students>

**TECHNICAL ASSISTANCE:**

If you have problems with your password, call the Centre for Mediated Teaching and Learning at: <https://tlss.uottawa.ca/site/>

**IMPORTANT DATES:**

Information on sessional dates, beginning and ending of classes and exam period can be obtained via: <https://www.uottawa.ca/important-academic-dates-and-deadlines/>

**Please Note: Exam Dates**

**\*\*\* Exam dates are NOT flexible. Travel/Holiday plans will NOT be accommodated. Please make sure you are available during all scheduled exam dates/times \*\*\***

**Important Note:** This course syllabus, including exam dates, is subject to change. It is the student’s responsibility to check BrightSpace for corrections/updates to the course syllabus. Any changes will be clearly noted in the course Announcement Board on BrightSpace.

## Part 2: Course Objectives

### General and Specific Learning Objectives

**General Objectives:** students will learn the biological, psychobehavioural, socio-political and environmental determinants of health.

### Learning Objectives: Course Specific

- Differentiate between different conceptual models of health (e.g. biomedical, social)
- Identify and demonstrate knowledge of the determinants of health
- Demonstrate depth and breadth of knowledge of health concepts and theories
- Explain the manner by which determinants of health inform the practice of health promotion
- Understand how health is measured, and identify examples of health indicators
- Understand the Canada Health Act, including organization, data collection, policies that inform delivery of healthcare at the federal, provincial and local agencies
- Describe the appraisal of health determinants and specific health indicators used by Canadian and global agencies to measure their impacts on health and disease
- Understand why non-biological factors such as gender, place of birth, race/ethnicity and socioeconomic status may make some people unhealthy and contribute to disease and illness.

**Additional Learning Objectives:** Recognize the role of the determinants of health in the development and application of strategies for health intervention.

**Expectations of Students:** Students are expected to read all of the posted course materials. The professor will indicate which readings will be covered for each respective learning module.

### Resource Links:

1. **Public Health Agency of Canada (PHAC): Social Determinants of Health**  
<http://cbpp-pcpe.phac-aspc.gc.ca/public-health-topics/social-determinants-of-health/>
2. **World Health Organization (WHO): Determinants of Health**  
<http://www.who.int/hia/evidence/doh/en/>
3. **Office of Disease Prevention and Health Promotion, US Gov.: Determinants of Health**  
<https://www.healthypeople.gov/2020/about/foundation-health-measures/Determinants-of-Health>

## Part 3: Topic Outline

**Course Syllabus (Fall 2020 Course Calendar):** The topics to be covered and the corresponding chapter readings that are in the course textbook. [\* *not from the course textbook*]

<b>SEPTEMBER</b>	
10	<b>[Module 1]</b> Course Introduction // * <i>The Determinants of Health (Population Health Models)</i> // Chapter 1 (Part 1): Discovering Your Personal Rhythm for Healthy Living, pp.1-8
17	<b>[Module 2]</b> Chapter 5: Eating for Optimal Health and Performance, pp.116-148
24	Chapter 4: Engaging in Physical Activity for Health, Fitness, and Performance, pp.85-115 // Chapter 6: Managing Your Weight: Finding a Healthy Balance, pp.149-176; Focus on Body Image, pp.177-187
<b>OCTOBER</b>	
1	<b>[Module 3]</b> Chapter 10: Using Alcohol and Caffeine Responsibly and Refraining from Tobacco Use, pp.281-311
8	Chapter 9: Recognizing Use, Misuse, Abuse, and Addiction to Drugs and Behaviours, pp.260-280
15	<b>Midterm Exam [Content Covered: Modules 1, 2, and 3]</b>
22	<b>Reading Week</b>
29	<b>[Module 4]</b> Chapter 12: Reducing Risks for CVD & Cancer, pp.340-370; Focus on Diabetes, pp.411-418
<b>NOVEMBER</b>	
5	Chapter 13: Controlling Risks for Infectious & Noninfectious Conditions, pp.371-410
12	<b>[Module 5]</b> Chapter 2: Promoting and Preserving Your Psychosocial Health, pp.27-52
19	Chapter 7: Committing to Relationships and Sexual Health, pp.188-205 // Chapter 3: Understanding and Coping with Life's Stressors, pp.53-75; Focus on Spiritual Health, pp.76-84
26	<b>[Module 6]</b> Chapter 16: Becoming a Wise Consumer of Health Services, pp.461-480; Focus on Financial Health, pp.504-507 // Chapter 14: Choosing Healthy Living for the Environment, pp.419-438
<b>DECEMBER</b>	
3	Chapter 17: Preparing for Aging, Dying, and Death, pp.481-503 // Chapter 1 (Part 2): Discovering Your Personal Rhythm for Healthy Living, pp.8-26
10-22	<b>Final Exam Date: To Be Determined [Content Covered: Modules 4, 5, and 6]</b>

## Part 4: Grading Policy

### Graded Course Activities:

Midterm Exam	Weight: 40%	Date: Thursday October 15 <sup>th</sup> @ 8:00
Final Exam	Weight: 60%	Date: To Be Determined

**Last day to withdraw: November 20<sup>th</sup>, 2020 (minimum of 25% of the course mark is done).**

**Important Note:** This course syllabus, including exam dates, is subject to change. It is the student's responsibility to check BrightSpace for corrections/updates to the course syllabus. Any changes will be clearly noted in the course Announcement Board on BrightSpace.

### Midterm Exam: Online

Format: all **multiple-choice questions**. Topics covered on the Midterm Exam will be taken from class material (i.e. lectures, course PowerPoint slides, and chapter readings). Refer to the course calendar for the Midterm Exam date. ***The Midterm Exam will be held online: more information about the online exam protocol and procedures will be posted on BrightSpace.***

### Final Exam: Online

Format: all **multiple-choice questions**. Topics covered on the Final Exam will be taken from class material (i.e. lectures, course PowerPoint slides, and chapter readings). Refer to the course calendar for the Final Exam date. ***The Final Exam will be held online: more information about the online exam protocol and procedures will be posted on BrightSpace.***

***\*PLEASE NOTE (ONLINE EXAMS):*** *In cases where Brightspace allows students to continue writing the exam after the prescribed delay, no question saved after the prescribed delay will be marked. Only answers that were not changed after the prescribed delay will be evaluated and assigned a mark.\** The Department wanted this except to be placed in the course syllabus, verbatim (i.e. word-for-word). Please do not be overwhelmed with the wording: what this is saying is in the event the BrightSpace system somehow "accidentally" allows a student to write past a given exam deadline (ex. for instance, an exam ends at 3PM but the student is still able to continue writing the exam after this time) that only the questions answered before the exam deadline will be marked/graded. In other words, questions answered after the exam deadline has passed will not be marked/graded.

**Do NOT book travel plans during the scheduled exams, as this is NOT a valid reason to miss an exam.**

**Please inform your parents of this policy, so they do not \*surprise\* you with travel plans.**

**Midterm and Final Exam (Expectations):**

Students are responsible to obtain the date, time, and location of all exams. Students who fail to attend, due to absent-mindedness or misinterpretation of the schedule, **will not** be granted a make-up exam. *The following items **are not allowed** during exams: mobile phones, tablets, cameras, earphones (ear buds), calculator watches, audio recorders, etc. or any other communication device. Further, all extraneous materials (ex. textbooks, study notes, etc.) must be put away and not accessible to the student during the writing of the exam.*

**uOttawa Exam Scheduling Policy:**

Although all courses for the 2020-2021 school year are offered online, specific timeslots have still been assigned for each course. For instance, our section (**1101WC**) has been assigned **Thursdays 8:00AM-10:50AM**. *This timeslot is the equivalent to an on-campus lecture timeslot. Therefore, exams will be held during the assigned timeslot (this is to ensure there are no exam scheduling conflicts with other courses). In the event another Professor changes the date/time of their exam, their new exam date/time cannot conflict with the preexisting exam date/time set for our course. In other words, **our class has “academic right of way”** → *the Professor who has changed the exam date/time for her or his course must accommodate you with an alternative date/time for their exam, in the rare event the new date/time of their exam overlaps with our existing exam date/time.* For SASS-registered students only: please note, due to the closure of the main campus (i.e. the Exam Centre), the only “accommodations” that can be provided during the 2020-2021 school year will be “time” accommodations that have already been approved by your respective learning specialists. All other accommodations will not be provided until otherwise approved by the University and Access Service.*

**Missed Exam (Policy & Procedures):**

If a student is unable to write the midterm or the final exam, due to serious illness, it is the student’s responsibility to email the Professor and TA(s), **immediately [during the actual day of the exam, not days after the exam date has passed]**. It is the student’s responsibility to document the absence (ex. a valid and certified medical note) and to submit the documentation directly to the Professor and TA(s) in the email communication. **STUDENTS WHO MISS AN EXAMINATION WITHOUT A VALID REASON WILL RECEIVE AN AUTOMATIC ZERO (0) MARK FOR THE MISSED EXAMINATION.**

**Deferred Exam (Policy & Procedures):**

Given the online format of all courses in the 2020-2021 school year, all deferred exam dates and times will be organized by the Professor (not the Faculty). All other important deferred exam information will be communicated only with students who have completed the “missed exam policy and procedures” instructions listed above (please refer to again, if need be). Students who have been approved for a deferred exam are expected to amend their schedule/timetable/agenda to accommodate the date and time of the deferred exam.

### Viewing Grades

The BrightSpace system is set-up to provide the student the with the results of their exam once the exam is completed and properly submitted (i.e. the student will be able to see the specific correct answers on the exam, immediately after the exam is submitted). In addition, the grade for the given exam will be automatically entered into the Virtual Campus (BrightSpace) Grade Book system and is immediately visible to the student.

### Letter Grade Assignment

Final grades assigned for this course will be based on the percentage of total marks earned and are assigned as follows:

#### **Please Note:**

0.4% or lower is rounded-down (ex. 79.4% is 79%)  
0.5% or higher is rounded-up (ex. 79.5% is 80%)

#### **Passing Grade**

At the Undergraduate level, the passing grade is usually set to **D**.

Letter Grade	Percentage Scale Value	Numerical Value
A+	90-100%	10
A	85-89%	9
A-	80-84%	8
B+	75-79%	7
B	70-74%	6
C+	65-69%	5
C	60-64%	4
D+	55-59%	3
D	50-54%	2
E	40-49%	1
F	0-39%	0
ABS	Absent	0
EIN	Failure/Incomplete	0

**\*Important: Grades are NOT negotiable!\***

All midterm and final examination results are final.

**Please do not request:** re-weighting of midterms or final exam (i.e. requests for increases in marks to advance to the next letter grade) WILL NOT BE ACCEPTED.

**\*Important: Grades are NOT negotiable!\***

## Part 5: Academic Fraud and Plagiarism

### Academic Fraud

Academic fraud is an act by a student that may result in a false academic evaluation of that student or of another student. These include:

- Not work of the student: academic paper, an essay, a test, an exam, a research report (written or oral)
- Presents research data that has been falsified/concocted;
- Attributes a statement of fact or reference to a concocted source;
- Submits same piece of work or significant part thereof for more than one course;
- Falsifies an academic evaluation, forged or falsified academic record;
- Undertakes any other action for the purpose of falsifying an academic evaluation.

Possible repercussions of academic fraud:

- Letter written by the dean
- Dossier will go to the faculty committee for review
- Sanction by the faculty committee can be recommended
- Dossier can go to the executive where a decision is made
- Dossier may go to the university committee where a decision is made
- Student may receive a mark of 0 on the work; may receive a mark of 0 for the course; and in extreme circumstances, be expelled from the school

Plagiarism - <http://sass.uottawa.ca/en/writing/kit/plagiarism.pdf>

Please do not copy work from other people and pass it off as your own! Reference all information that does not come from your own head, even if it's from an email or a conversation you had with someone. If you are using a direct quote, remember to include quotation marks and the source reference.

#### **Important Note**

Any form of academic dishonesty, including cheating and plagiarism, will be reported to the Interdisciplinary School of Health Sciences.

## Part 6: Class Code of Conduct

The University of Ottawa will not tolerate any act of sexual violence. This includes acts such as rape and sexual harassment, as well as misconduct that take place without consent, which includes cyberbullying. The University, as well as various employee and student groups, offers a variety of services and resources to ensure that all uOttawa community members have access to confidential support and information, and to procedures for reporting an incident or filing a complaint. For more information, please visit:

<http://www.uOttawa.ca/sexual-violence-support-and-prevention/>

Here we will strive to create and maintain a positive and productive learning environment in which all persons treat each other with respect and courtesy.

### Honesty and Integrity

- I will adhere to and demonstrate the highest level of honesty in all academic activities, including examinations and evaluations
- I will in no way unfairly attempt to advance my academic standing, nor will I be a party to any such attempts, or assist another student to do so. I will neither provide nor make any attempt to obtain any information, or assist anyone else in doing so, prior to, during or after any examination

### Responsibility and Accountability

- I will demonstrate an ability to work independently while accepting direction from those charged with my supervision
- I will acknowledge and recognize my strengths and limitations and I will seek assistance as necessary
- I will demonstrate accessibility, attendance, punctuality and trustworthiness
- I will present and conduct myself in a dignified, respectful and professional manner while functioning in an official capacity
- I will accept and be accountable for my performance in this course and not attempt to rely on negotiation to improve my class standing
- I will contact the professor via formal email procedures immediately upon missing quizzes, midterms or exams due to illness or other valid reason

### Dedication and Self-Improvement

- I will continuously strive to develop my knowledge, skills and competence
- I will promote and uphold the educational standards of the Health Sciences Program
- I will assess my educational progress and determine my learning needs
- I will pursue self-education through the use of appropriate resources and I will prepare myself for all learning sessions
- I will seek further instruction in areas of both strength and weakness
- I will demonstrate a willingness to teach and share in the learning process with my

peers, staff and faculty and as such promote the student-teacher relationship and not abuse this trust for personal gain

- I will seek help from colleagues and appropriately qualified professionals for personal problems that adversely affect my education.

### **Mobile Phones**

Use of cell phones in class is not permitted; they must be turned off or set to vibrate mode. Pagers are permitted provided that ringers are silenced.

### **Noise and Conversation**

Please refrain from conversations and discussion during lectures out of consideration for both the professor and your classmates.

## **Part 7: Students Resources**

### **Online Academic Support Portal**

*The websites are still under development, but will be ready for the start of the Fall 2020 term*

English: <https://uottawa.saea-tlss.ca/en/academic-gps>

French: <https://uottawa.saea-tlss.ca/fr/gps-academique>

### **Description**

The services of the Student Mentoring Program (individual meetings, study groups, and workshops on study methods) and the Academic Writing Help Centre (AWHC) will be offered online for the fall term, with some exceptions. These services will continue to be offered by peer helpers and will be accessible through a single point of access called “Academic GPS” (i.e. the URL links provided above).

By accessing the Online Academic Support Portal, students will be able to:

- Chat with a mentor or a writing advisor from the AWHC 7 days a week, from 7 a.m. to 9 p.m. (needs analysis and answers to specific questions)
- Register and attend study groups facilitated by mentors
- Participate in workshops on study methods facilitated by mentors (note taking, time management, exam preparation, stress management...)
- Make an appointment with a mentor from a faculty other than their own (support with fundamental training courses)
- Make an appointment with a writing advisor from the AWHC

- View webinars and tutorials (recordings of the programming offered by the Summer Orientation Program)
- Contribute to diverse learning communities
- Obtain instructions on how to create private online workspaces
- Participate in virtual study sessions

**Financial Aids and Awards** - <https://www.uottawa.ca/financial-aid-awards/>

**Mentoring Centre** – <https://socialsciences.uottawa.ca/mentoring/>

**Academic Writing Help Centre (AWHC)** - <http://www.sass.uottawa.ca/writing/>

**Career Development Centre** - <http://www.sass.uottawa.ca/careers/>

**Counselling and Coaching**- <http://www.sass.uottawa.ca/personal/>

**Academic Accommodations** - <http://www.sass.uottawa.ca/access/>

**Campus Activities** – <http://www.communitylife.uottawa.ca/en/resources.php>

**Student Resources Centers** – <http://www.communitylife.uottawa.ca/en/resources.php>

Problems at home? Relationships? Parents getting divorced? Anxiety? Depression? Learning disability? Do not wait until 4<sup>th</sup> year to sort these out. The university support services listed above can help find you counselors, improved environments for test-taking and skills to better cope with stress.