

UNIVERSITY OF GUELPH
DEPARTMENT OF FAMILY RELATIONS AND APPLIED NUTRITION
FRHD*1100 LIFE: HEALTH & WELL-BEING

COURSE OUTLINE FALL 2015

Scheduled Class Time:	Thursday evening from 7:00 pm to 9:50 pm	
Class Location:	ROZH 101	
Instructor:	Robin Milhausen	rmilhaus@uoguelph.ca
Office Location:	MINS 247	
Office Hours:	Office hours are every Tuesday from 1:30 to 2:30pm	
Teaching Assistants:	Karima Dorney	kdorney@uoguelph.ca
	MacGyver Kou	koum@uoguelph.ca
	Johannah Thumb	jthumb@uoguelph.ca
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	Maria Tetro	mtetro@uoguelph.ca

Calendar Description:

This course integrates the theory, application and research of various aspects of health-related topics across the lifespan, emphasizing relevance to the lives of young adults.

This course was designed with YOU in mind! Every topic and assignment was created with your mental, physical, emotional, social, and relational health in mind, and to help you develop skills which will facilitate your success at university. So, read the book, come to class, participate on the website, and complete the assignments – and improve your health and wellbeing!

Course Objectives: On completion of this course students will:

1. Identify the connections between science and practice in interdisciplinary lifespan research; recognising the linkages between theory, research and application.
2. Explain the relationship between social context, diet and physical activity in the development of health and well-being.
3. Identify the components of healthy emotional development and the supportive conditions necessary to develop and sustain optimum psychological and relationship health.
4. Ask questions about the influence of social locations (gender, class, race, ethnicity...) on the development of health and well-being.
5. Reflect upon the ways that course content integrates with personal experience; making connections between research in key substantive domains and their own lived experiences as young adults.

Course Organization: The organization of this course reflects the University’s commitment to “learner-centeredness” – placing greater responsibility for learning on the learner (i.e., student). In an effort to maximise student participation, there is an online component of the course enabling students to engage with material and one another outside of formal lectures. In recognition of the time students will spend in online discussions, some class time will be eliminated each week.

In addition, it is expected that for every hour spent in the lecture, one hour will be spent in study, i.e., reading, online activities, exam preparation, etc. The lecture portion of the course will include exposure to a number of faculty in the Department of Family Relations and Applied Nutrition, as well as guest speakers from the University of Guelph community.

Course Schedule: A comprehensive schedule of reading, description of all assignments and due dates are found on the last page of this course outline.



Hales, D., & Lauzon, L. (2015). *An invitation to health*. (Fourth Canadian Edition). Toronto, Ontario: Nelson Education

How do I earn my grades?

Major Assignment

50%

Students will work both in groups and individually to complete assigned tasks that facilitate the development of critical reflection, information literacy, and academic writing. As a group, students will select a newspaper / magazine article, respond to discussion questions, engage in a literature search, and complete a small writing assignment based on the article. Detailed instructions are found in the content section of the course website. **Students will earn a grade for each of the following:**

1. Working Group Participation

15%

Students will be placed in online discussion groups of 8-10 participants to engage in online discussions related to the selected newspaper / magazine article.

2. Literature Search

10%

Each student will search peer reviewed journals for articles that relate to the topic(s) explored in the newspaper / magazine article.

3. Final Paper

25%

Each student will summarise one academic article from those found in the literature search and relate it to the newspaper / magazine article. Students are required to use APA style for citing and referencing.

Midterm Exam – Multiple Choice

20%

Students will be tested on lecture material and readings from weeks 1 through 5.

Final Examination - Multiple Choice

30%

Students will be tested on lecture material and readings from weeks 6 through 12. The Final exam is scheduled for **Wednesday December 16th from 7:00pm to 9:00pm**. Ensure you do not have an exam conflict.

This is important: After you receive a grade, check the course website to make sure the mark you received is the same as the one posted online. Any inquiry or dispute over the test scores or other grades must be made within two weeks after they are posted. If you fail to protest any grade during this time limit, changes to the posted score will not be made.

Grades will be based on the Grading Procedures outlined in the Undergraduate Calendar.

Personal Disclosure: Learning is often enhanced by exploring the interface between personal experience and professional experience, theory, and research. Students are encouraged to thoroughly explore this interface. Generally, students should only reveal as little or as much information as they are comfortable sharing with faculty, teaching assistants and fellow students. The evaluation of student performance is not dependent upon student disclosure of personal information.

In order to create a safe learning environment, students are required to show tolerance for the viewpoints of others. Any abuse, attacks, acts of ridicule, profane language, harassment, etc., online or in the classroom, will not be tolerated.

Academic Integrity: There are particular issues related to web-based learning such as: copying someone else's post, copying from websites, "spoofing" or pretending to be someone else (logging in with someone else's identity). Any of these or other fraudulent actions will be considered academic misconduct and subject to penalty. Please refer to the following web site on Academic Integrity.
<http://www.academicintegrity.uoguelph.ca/>



Your Responsibilities:

1. Come to class with an open mind and a non-judgemental stance.
2. Be prepared for every class by doing all required readings
3. Be respectful of other students and guest speakers.
4. Come to class on time and stay until the end of the class period.
5. Check the course website every 48 hours before class for important announcements, supplementary readings etc.
6. Within 2 weeks of grade postings, check the course website and email the professor to question any grades or correct any potential errors (otherwise posted grade will stand).
7. Use the course website to communicate with other students and the instructor.
8. Complete course requirements with integrity.

My Responsibilities:

1. Create a course curriculum that exposes students to current, topical issues related to health and wellbeing.
2. Be prepared for every class.
3. Be available to communicate with students about course content or assignments.
4. Respond to email messages within 72 hours between Monday and Friday.



When you need help...

Go Online:

The *Question Forum*, found within the course website (CourseLink), allows students to post questions or concerns related to course content or assignments. Post all of your questions here for the fastest answers, and check here first as someone else may have had the same question already. The professor, Teaching Assistants, as well as fellow students can respond to questions as they arise. Please check this forum regularly.

When questions or concerns of a more personal or individual nature arise, students can send email correspondence to the professor at rmilhaus@uoguelph.ca. Due to the volume of email received, it is vital that students put **FRHD*1100** in the **subject line**. Failure to do so could result in a delayed response. Please use an appropriate greeting followed by the instructor's correct name and address preference. For example: Hi Professor Milhausen, or Dear Professor will do. Messages without a greeting, personal address or greetings in your message like "hey you", "hey" or a form of demand are unprofessional. I will respond to emails within 72 hours.

The Question Forum should be the first place you go with questions, the myself (the Professor) the second, and your TA's last.

E-mail Communication

As per university regulations, all students are required to check their <mail.uoguelph.ca> e-mail account regularly: e-mail is the official route of communication between the University and its students. Please use your U of G email address to write the professor or TA's.

Visit the library:

Conducting academic research is not the same as doing research for an essay in high school. Throughout your time at the University of Guelph you will be expected to access and read the relevant *scholarly literature*. These are skills you will begin to learn in this course. Support is available by chat, email, phone or an in-person visit to the Library. <http://www.lib.uoguelph.ca/ask-us/>

Call Learning and Writing Services:

Specially-trained Peer Helpers and professional staff in Learning and Writing Services can help you achieve your academic goals. Get personalized assistance in appointments or walk-in sessions, or stop by the Learning Commons (1st Floor Library) for free handouts and workshop information. Visit us online www.learningcommons.uoguelph.ca or call ext. 53632.

Visit Student Accessibility Services:

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact Student Accessibility Services as soon as possible (ext. 56208).

When you cannot meet course requirements...

The Keyword Search and Final Paper assignment will be accepted up to one week following the due date and with a **penalty of 10% (e.g. 78% - 10% = 68%)**. So, if you think you can earn a better grade by taking some extra time, do it. You don't need to email the professor or your TA. Submit your assignment to the late drop box on the course website within one week of the due date. No questions asked.

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor (or designated person, such as a teaching assistant) in writing, with your name, id#, and e-mail contact. See the undergraduate calendar for information on regulations and procedures for Academic Consideration:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml>

Drop Date

The last date to drop one-semester courses, without academic penalty, is Friday, November 6. For regulations and procedures for Dropping Courses, see the Undergraduate Calendar:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-drop.shtml>

Copies of out-of-class assignments

Keep paper and/or other reliable back-up copies of all out-of-class assignments: you may be asked to resubmit work at any time.

24-4120 ext. 56208 or email csd@uoguelph.ca or see the website: <http://www.uoguelph.ca/csd/>

Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The Academic Misconduct Policy is detailed in the Undergraduate Calendar:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml>

Recording of Materials

Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

Resources

The Academic Calendars are the source of information about the University of Guelph's procedures, policies and regulations which apply to undergraduate, graduate and diploma programs:

<http://www.uoguelph.ca/registrar/calendars/index.cfm?index>

Date	Topic	Guests	Reading	Online Activities	Important Deadlines
Week 1 Sept. 10	Introduction Health and Wellness Transition to University	Allison Burnett <i>Student Health Services</i>	Chapters 1 & 13	- Explore Course website - Sign into a group	Discussion #1 opens Sept 10th
Week 2 Sept. 17	Campus Resources Research, Theory, and Practice	<i>Centre for New Students</i>	Chapter 1	- Get to know each other - Generate Code of Conduct - Check out media articles	Discussion #1 closes Sept 20
Week 3 Sept. 24	Personal Stress Management How to do a library search	Kathy Somers <i>Stress Management and High Performance Centre</i> Peggy Pritchard <i>Library</i>	Chapter 3	- Group decides on newspaper / magazine article - Read media article	Discussion #2 opens Sept 21
Week 4 Oct. 1	Personal Nutrition	Lindzie O'Reilly Registered Dietician, <i>Student Health Services</i>	Chapter 5 & 6	- Discuss themes in media article - Identify keywords - Start your search!	Discussion #2 closes Oct 4
Week 5 Oct. 8	Physical Activity	Andrea Buchholz Lynne Skilton-Hayes <i>Athletics Writing Services</i>	Chapter 4	- Complete Keyword Search	Keyword Search Due Oct. 6
Week 6 Oct. 15	Midterm Exam		All reading & lectures to date		7:00pm: A to K 8:30pm: L to Z
Week 7 Oct. 22	Psychosocial Health	John Beaton <i>Couple and Family Therapy Centre</i> Rachel Mahrer <i>Counselling Services</i> <i>Accessibility Services</i>	Chapter 2	- Discuss media article in relation to course material - Select journal article you will use for your paper, tell your group	Discussion# 3 opens Oct 19
Week 8 Oct. 29	Alcohol and Drug Use		Chapter 11 & 12	- Relate media article to your journal article	
Week 9 Nov. 5	Social Support, Relationships, & Communication	Jean Thompson & Emilie Mallia <i>Wellness Education Centre</i>	Chapters 7 & pg 383-389		
Week 10 Nov. 12	Working Toward a Healthy Environment	<i>OPIRG</i>	Chapter 16	- Discussion closes this week	Discussion #3 closes Nov 8 Final paper due Nov 8th
Week 11 Nov. 19	Sexuality	<i>GRCGED</i>	Chapter 8		
Week 12 Nov. 26	Spirituality	Kim Wilson <i>Gerontology FRAN</i> Keith Martin <i>NonDenominational Chaplain</i>	Chapter 17		Final Exam: Wed Dec 16rd at 7:00pm