

## Course Outline

<b>Course Title:</b>	Health Claims: Fact and Fiction		
<b>Course Number:</b>	GNED125	<b>Approval Date:</b>	2019/12/30
<b>Course Hours:</b>	45 hours	<b>Academic Year:</b>	2019
<b>Academic School:</b>	School of General Arts & Sciences		

<b>Faculty:</b>	Sara Slater - sara.slater@flemingcollege.ca
<b>Program Co-ordinator or Equivalent:</b>	Lisa Stefaniak - lisa.stefaniak@flemingcollege.ca
<b>Dean (or Chair):</b>	Angela Stukator - Angela.Stukator@flemingcollege.ca Angela Pind - angela.pind@flemingcollege.ca

## Course Description

Popular trends in fitness and health are promoted more often by the media than by medical experts. As a result, it has become increasingly difficult to separate health fact from health fiction. This blended course will investigate a variety of health and fitness claims, including popular diets, special exercise routines, supplements, and alternative therapies, in order to develop our skills in research, scientific and critical thinking, and media literacy.

**Prerequisites:** None.

**Corequisites:** None.

## Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Use the attitudes and techniques of critical thinking to make informed and reasonable personal and professional choices.
2. Apply the techniques of induction, deduction, and probabilistic reasoning to assess the validity of scientific and pseudo-scientific claims.
3. Apply the methods and attitudes of critical thinking to summarize and critique at least one historical or contemporary health claim.
4. Interpret, summarize, or abstract documentary evidence from a variety of sources in light of scientific, psychological, and sociological explanations of health claims.

5. Understand credible sources in order to distinguish between anecdote, research evidence, and peer review evidence.

## Assessment Summary

Assessment Task	Percentage
Presentations	25%
Applied Learning	40%
Tests	35%

## Student Success: Policies and Procedures

Mutually, faculty and learners will support and adhere to college Academic Regulations, and Student Rights and Responsibilities. The following policies and guidelines have been developed to support the learning process.

Please click on the link for information about:

- [Academic Integrity \(2-201A\)](https://department.flemingcollege.ca/hr/attachment/7750/download)  
(<https://department.flemingcollege.ca/hr/attachment/7750/download>)
- [Accessibility for Persons with Disabilities \(3-341\)](https://department.flemingcollege.ca/hr/attachment/5619/download)  
(<https://department.flemingcollege.ca/hr/attachment/5619/download>)
- [Grading and Academic Standing \(2-201C\)](https://department.flemingcollege.ca/hr/attachment/7752/download)  
(<https://department.flemingcollege.ca/hr/attachment/7752/download>)
- [Guidelines for Professional Practice: Students and Faculty](https://flemingcollege.ca/PDF/guidelines-for-professional-practice-students-faculty.pdf)  
(<https://flemingcollege.ca/PDF/guidelines-for-professional-practice-students-faculty.pdf>)
- [Student Rights and Responsibilities \(5-506\)](https://department.flemingcollege.ca/hr/attachment/269/download)  
(<https://department.flemingcollege.ca/hr/attachment/269/download>)

If you will need academic accommodations (for example if you have a learning disability, mental health condition such as anxiety or depression or if you had an IEP in high school), please contact the [Accessible Education Services \(AES\)](https://department.flemingcollege.ca/aes/) department (<https://department.flemingcollege.ca/aes/>) to meet with a counsellor.

**Alternate accessible formats of learning resources and materials will be provided, on request.**

## Program Standards

The Ministry of Training, Colleges and Universities oversees the development and the review of standards for programs of instruction. Each college is required to ensure that its programs and program delivery are consistent with these standards, and must assist students to achieve these essential outcomes.

This course contributes to Program Standards as defined by the [Ministry of Training, Colleges and Universities](#) (MTCU). Program standards apply to all similar programs of instruction offered by colleges across the province. Each program standard for a postsecondary program includes the following elements:

- **Vocational standards** (the vocationally specific learning outcomes which apply to the program of instruction in question);
- **Essential employability skills** (the essential employability skills learning outcomes which apply to all programs of instruction); and
- **General education requirement** (the requirement for general education in postsecondary programs of instruction that contribute to the development of citizens who are conscious of the diversity, complexity and richness of the human experience; and, the society in which they live and work).

Collectively, these elements outline the essential skills and knowledge that a student must reliably demonstrate in order to graduate from the program. For further information on the standards for your program, follow the MTCU link ([www.tcu.gov.on.ca/pepg/audiences/colleges/progstan/](http://www.tcu.gov.on.ca/pepg/audiences/colleges/progstan/))

## Detail Plan

<b>Term:</b>	2020 Winter
<b>Faculty:</b>	Sara Slater - sara.slater@flemingcollege.ca
<b>Program Co-ordinator or Equivalent:</b>	Lisa Stefaniak - lisa.stefaniak@flemingcollege.ca
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## Learning Plan

Wks/Hrs Units	Topics, Resources, Learning, Activities	Learning Outcomes	Assessment
Week 1	Course Outline / Introduction to Critical Thinking Concepts	1, 3, 5	
Week 2	Module 1 Blue Pill, Red Pill: Supplements and Pseudoscience Occam's Razor; S.E.A.R.C.H criteria; Scientific Method Orientation to WordPress (Blog Assignment); discussion of selected topics	1, 2, 3, 4, 5	
Week 3	Occam's Razor; S.E.A.R.C.H criteria; Scientific Method cont'd Brian Dunning: "Here Be Dragons" (film)	1, 2, 3, 4, 5	Online Discussion (5%)

<b>Wks/Hrs Units</b>	<b>Topics, Resources, Learning, Activities</b>	<b>Learning Outcomes</b>	<b>Assessment</b>
Week 4	Module 2 Beyond Perfection: Body Image & The Media Summarizing key findings; Abstracts; Research Methods Dove Beauty Campaign; Killing Us Softly discussion	1, 2, 3, 4, 5	Presentations: (throughout; 25%)
Week 5	"One Weird Trick": Get Fit Quick Schemes; Exercise / Diet Fads; Detox; Gastro Bypass arguments	1, 2, 3, 4, 5	Online Discussion (5%)
Week 6	TV Docs n' Crocks: Dr. Oz, Phil, and the magic pill Credible sources; anecdote, evidence, and peer reviewed articles	1, 2, 3, 4, 5	In class Activity (5%)
Week 7	Mid Term Test	1, 2, 3, 4, 5	Mid Term Test (15%)
Week 8	Reading Week		
Week 9	Module 3 Feed The World: Supermarket Psychology GMO and Organics; Superfoods; The Spinach Myth	1, 2, 3, 4, 5	In class Activity (5%)
Week 10	Fast Food Nation; Energy Drinks	1, 2, 3, 4, 5	Online Discussion (5%)
Week 11	Module 4 Tech to Improve Athletic Performance Fitness Fashion; Nike and the Lululemon dilemma	1, 2, 3, 4, 5	
Week 12	As Seen On TV: gadgets, gadgets, and sporting metrics Celebrity Endorsements	1, 2, 3, 4, 5	Online Discussion (5%)
Week 13	Module 5 Sickness! Danger!! Everywhere!!! Flu Shots, Vaccination, and Wi-Fi, oh my!	1, 2, 3, 4, 5	In class Activity (5%)
Week 14	Course Review / Test Prep	1, 2, 3, 4, 5	Online Discussion (5%)
Week 15	Final Test	1, 2, 3, 4, 5	Final Test (20%)

## Assessment Requirements

<b>Assessment Task</b>	<b>Date/Weeks</b>	<b>Course Learning Outcome</b>	<b>Percentage</b>
Online Discussions (5 x 5%)	3, 5, 10, 12, 14	1, 2, 3, 4, 5	25%
In class activities (3 x 5%)	6, 9, 13	1, 2, 3, 4, 5	15%

Assessment Task	Date/Weeks	Course Learning Outcome	Percentage
Presentation (25%) Written report must be submitted PRIOR to oral presentation	Option: 4-6, 9-14	1, 2, 3, 4, 5	25%
Mid Term Test (15%)	7	1, 2, 3, 4, 5	15%
Final Test (20%)	15	1, 2, 3, 4, 5	20%

## Turnitin Statement

Students agree that by taking this course all required papers may be subject to submission for textual similarity review to Turnitin.com in support of academic integrity. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site.

If students choose to opt out of using the software, they must inform their faculty member at the time of the assignment, of their refusal and meet with the faculty to discuss their options. For further information on the use of Turnitin, please refer to the [Operating Procedure 2-201F](#) (<https://department.flemingcollege.ca/hr/attachment/10233/download>)

## Exemption Contact

Information about the Transfer Credit process can be accessed through your myCampus Portal under the Registrar's Office and Resources Tabs or by contacting the Transfer Credit Coordinator, ([transfercredit@flemingcollege.ca](mailto:transfercredit@flemingcollege.ca)) in the Registrar's Office.

## Prior Learning and Assessment and Recognition (PLAR)

PLAR uses tools to help learners reflect on, identify, articulate, and demonstrate past learning which has been acquired through study, work and other life experiences and which is not recognized through formal transfer of credit mechanisms. PLAR options include authentic assessment activities designed by faculty that may include challenge exams, portfolio presentations, interviews, and written assignments. Learners may also be encouraged and supported to design an individual documentation package that would meet the learning requirements of the course. Any student who wishes to have any prior learning acquired through life and work experience assessed, so as to translate it into a college credit, may initiate the process by applying through the Registrar's office. For more information please click on the following link: <http://flemingcollege.ca/admissions/prior-learning-assessment-and-recognition>

## Course Specific Policies and Procedures

It is the responsibility of the student to retain this course outline for future reference. Course outlines may be required to support applications for advanced standing and credit transfer to other educational institutions, portfolio development, PLAR and accreditation with professional associations.

### **LATE POLICY**

You must submit/present all written/oral assignments on their assigned dates unless you make specific arrangements in writing/voice mail/E-mail with your professor at least 24 hours prior to the due date in question. In the case of any emergency, make arrangements (in writing, if necessary) immediately upon your return. Your professor will make special arrangements for valid reasons only. In the case of illness, you may be required to provide a medical note. Other extenuating circumstances will be discussed on an individual basis. A penalty of 10% per day will be applied to an assignment not submitted by the original or extended due date. An assignment more than three days late will receive a grade of zero ("0"). Weekends are counted as two days. No assignment will be accepted after the last day of classes without prior arrangement with your professor.

**No assignment will be accepted by email without prior arrangement with your professor. There are no extra credit assignments or assignments in addition to those listed on this outline.**

### **ACADEMIC INTEGRITY**

**Academic Integrity refers to honoring an ethical and moral code regarding the honest creation of an individual's own work and the acknowledgement of contributions from others to that work.**

#### **Academic Integrity Violations and Sanctions**

Academic integrity breaches are assessed according to the severity and number of offences. A breach will be assessed based on a system that includes four (4) types of violations and corresponding sanctions as depicted below.

**1. TYPE 1** violations may be deemed to be minor in nature and to have affected a small portion of the work in question

**Mandatory sanction:** Mandatory completion of an Academic Integrity module.

**Optional sanctions:** 1. Resubmission of the original assessment piece 2. Submission of a new assessment piece 3. Portion of assessment piece receives a grade of "0" resulting in a reduced overall grade.

**2. TYPE II** violations are of a more serious or extensive nature than the ones described in Type I or are those which affect a more significant aspect or portion of the work.

**Mandatory sanction:** A grade of "0" on the assignment and completion of an Academic Integrity Education module.

**3. TYPE III** violations affect a substantial portion of work done to meet course requirements and/or involve premeditation, or a student has repeated Type I or II violations. Students will not receive

refunds for disciplinary actions.

**Mandatory sanction:** Grade of "0" for the course and completion of an Academic Integrity Education module.

**4. TYPE IV** violations are reserved for the most serious breaches of academic integrity and/or incidents preceded by repeated violations at all previous levels. Students will not receive refunds for disciplinary actions.

**Mandatory sanction:** Suspension from the College for a minimum of one semester.

Please refer to the following documents for additional information: 1. College Policy #2-201A Academic Integrity and 2. Administrative Operating Procedure #OP 2-201A Academic Integrity.

## PLAGIARISM

In essence, plagiarism is the submission for credit of work taken without due documentation from an existing source. One form of plagiarism involves direct incorporation, without proper credit, of phrases, passages of text, images, or data of any kind from an existing source. A second form involves using data or information without proper credit (even though the incorporated information is paraphrased or otherwise not in direct form). The following are all types of plagiarism:

1. Copying text word-for-word from the Internet without giving proper credit.
2. Incorporating text from the Internet, but inadequately paraphrasing or summarizing (for example, just changing a few words). Note that this is plagiarism *whether or not it is properly cited*. A paraphrase, in particular, must be unrecognizably related to the original source text.
3. Submitting an assignment and claiming it as your own when it was actually written by someone else or copied from someone else.

See the Fleming College Library website for information on documentation:

<http://flemingcollege.ca.libguides.com/apastyle>.