1 Course Details

1.1 Calendar Description

This variable-content course provides a senior-level seminar experience in the conduct, presentation, and writing of research relevant to the interdisciplinary core of the Bachelor of Arts and Sciences degree program. (See the B.A.S. website for topics.)

Pre-Requisites: 12.00 credits including (ASCI*2000 or ASCI*2050)
Restrictions: Registration in the BAS degree program.

1.2 Course Description

Chronic Diseases in Canada

The course will introduce students to the Canadian and global patterns of chronic disease from an interdisciplinary perspective, demonstrating how geography, behaviour, socio-economic status, and biology impact patterns of chronic disease in human populations. The patterns, complex causes, and strategies for preventative action will be explored through discussion-based lectures, independent and group work.

The course will be delivered in a mixed format: posted readings, lectures; and live and follow-up discussions.
1.3 Timetable
Wednesday 11:30am - 2:20 pm

1.4 Final Exam
N/A

2 Instructional Support

2.1 Instructional Support Team

<table>
<thead>
<tr>
<th>Instructor:</th>
<th>Sobia Iqbal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:iqbalso@uoguelph.ca">iqbalso@uoguelph.ca</a></td>
</tr>
<tr>
<td>Office Hours:</td>
<td>Wednesday 2:30 - 3:30 pm</td>
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</tbody>
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Virtually on Microsoft Teams

3 Learning Resources

3.1 Resources

There is no required text for this course; however, material for the course was developed from the following sources. If you would like further information about any topics covered in class refer to these sources:


4 Learning Outcomes

4.1 Course Learning Outcomes

By the end of this course, you should be able to:
1. Describe the epidemiological characteristics and burden of major chronic non-communicable diseases regionally, nationally, and globally.
2. Describe trends and patterns in the epidemiology and risk factors of major chronic diseases, including sociodemographic, biological, and behavioural factors.
3. Describe approaches to the prevention and control of major chronic diseases from a public health perspective.
4. Critically assess and apply epidemiologic concepts from substantive research areas related to disease surveillance and public health strategies.
5. Synthesize and present specialized knowledge, arguments and analyses accurately, using a variety of communication methods.
6. Plan and conduct an independent project that integrates disciplinary knowledge from fine arts, humanities, social sciences, and the sciences.

5 Teaching and Learning Activities

5.1 Lecture

Wed, Sep 16
Topics: INTRODUCTION

CHRONIC DISEASES: DEFINITION AND COSTS

Asynchronous delivery of lecture

Synchronous class discussion (1:30-2:20pm)

Wed, Sep 23
Topics: MODIFIABLE RISK FACTORS 1

Asynchronous delivery of lecture

Synchronous class discussion (1:30-2:20pm)

Wed, Sep 30
Topics: MODIFIABLE RISK FACTORS 2
Asynchronous delivery of lecture

Synchronous class discussion (1:30-2:20pm)

**Wed, Oct 7**

**Topics:** BIOLOGICAL RISK FACTORS

Asynchronous delivery of lecture

Synchronous class discussion (1:30-2:20pm)

**Wed, Oct 14**

**Topics:** SOCIODEMOGRAPHIC RISK FACTORS

Asynchronous delivery of lecture

Synchronous class discussion (1:30-2:20pm)

Assignment 1 due

**Wed, Oct 21**

**Topics:** PREVENTION

Asynchronous delivery of lecture

Synchronous class discussion (1:30-2:20pm)

**Wed, Oct 28**

**Topics:** HEART DISEASES

Asynchronous delivery of lecture

Synchronous class discussion (1:30-2:20pm)

**Wed, Nov 4**
Topics: Group presentations synchronously **(11:30am-2:20pm)**

Wed, Nov 11
Topics: DIABETES
Asynchronous delivery of lecture
Synchronous class discussion (1:30-2:20pm)

Wed, Nov 18
Topics: CANCER
Asynchronous delivery of lecture
Synchronous class discussion (1:30-2:20pm)

Final project proposals due

Wed, Nov 25
Topics: RESPIRATORY DISEASES
Asynchronous delivery of lecture
Synchronous class discussion (1:30-2:20pm)

Wed, Dec 2
Topics: Working on final project synchronously **(11:30am-2:20pm)**

6 Assessments

6.1 Assessment Details
**Discussion Board (20%)**  
**Learning Outcome:** 1, 2, 3, 4, 5

The online discussion board is an excellent way to enhance your learning and critical thinking. Discussing in an online environment allows you to reflect on the materials and take time to consider alternate interpretations, as offered by your colleagues. As opportunities for networking and community building, the discussion boards can reduce the feeling of isolation that can occur in online courses. The weekly deadlines also encourage or remind you to finish watching the week's lecture and be ready to tackle a new topic next week. Each week you will be given 1-2 articles related to the topic for the week that you can discuss further with your fellow participants in your discussion board groups in CourseLink. You are expected to discuss the article(s) in the discussion board and comment on two of your fellow participant’s posts. Each discussion topic will be open for one week.

The discussion board will begin with module 1 on September 16th 2020. Modules 1-5 will be weighted 10% of your overall grade. You may miss one week and contribute to 4 of the 5 discussions. This same format applies to modules 6-11. The weight of modules 6-11 is 10% of your overall grade, and you are required to contribute to 4 of the 5 discussions.

Discussion Boards-Modules 1-5 Due October 22th (10% of final grade)

Discussion Boards-Modules 6-11 Due December 3rd (10% of final grade)

**Individual Risk Factor Video (20%)**  
**Date:** Wed, Oct 14  
**Learning Outcome:** 2, 5

Body Break was a series of 90-second videos dedicated to informing the general public of ways to "keep fit and have fun". You will create a short video outlining the benefit of a lifestyle modification in order to tackle chronic diseases. The video will be created similar to the Body Break videos that were used for the purpose of public education in Canada. Further information will be provided on CourseLink.

**Group Prevention Presentations (20%)**  
**Date:** Mon, Nov 2  
**Learning Outcome:** 3, 5

Groups will perform an analysis on preventative measures undertaken by international
countries to reduce the burden of chronic diseases. Students will analyze case studies and provide suggestions for improvements. Further information will be provided on CourseLink.

Group videos will be taped in advance of the presentation date and are due on Monday November 2\textsuperscript{nd}. The taped videos will be presented on November 4\textsuperscript{th} during scheduled class time.

**Participation (10%)**

**Learning Outcome:** 1, 2, 3, 4, 5

All students are expected to participate in weekly synchronous class discussions.

**Final Project (30%)**

**Date:** Fri, Dec 4

**Learning Outcome:** 1, 2, 3, 4, 5, 6

Through the final project student will integrate, synthesize, and apply course topics, content, and discourse. The project will have a real-world application.

Students will prepare and compose an in-depth analysis of a chronic disease, similar to the latter half of the lecture for our course. Students will describe the chronic disease and its impact globally, as well as within Canada, the pathology of the disease, risk factors (modifiable, biological, socioeconomic risk factors), and preventative strategies (primary, secondary, tertiary prevention). The platform that I use to teach is via lectures and audio recordings. My purpose is to teach to students. Your audience will be the general public and your goal is to provide health awareness. Students must use a technology medium to deliver their project.

Proposal due November 18th (5% of final grade)

Final project due on December 12th (25% of the final grade)

7 University Statements

7.1 Email Communication

As per university regulations, all students are required to check their e-mail account regularly: e-mail is the official route of communication between the University and its students.

7.2 When You Cannot Meet a Course Requirement
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. The grounds for Academic Consideration are detailed in the Undergraduate and Graduate Calendars.

Undergraduate Calendar - Academic Consideration and Appeals
https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml

Graduate Calendar - Grounds for Academic Consideration
https://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/index.shtml

Associate Diploma Calendar - Academic Consideration, Appeals and Petitions
https://www.uoguelph.ca/registrar/calendars/diploma/current/index.shtml

7.3 Drop Date

Students will have until the last day of classes to drop courses without academic penalty. The deadline to drop two-semester courses will be the last day of classes in the second semester. This applies to all students (undergraduate, graduate and diploma) except for Doctor of Veterinary Medicine and Associate Diploma in Veterinary Technology (conventional and alternative delivery) students. The regulations and procedures for course registration are available in their respective Academic Calendars.

Undergraduate Calendar - Dropping Courses
https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-drop.shtml

Graduate Calendar - Registration Changes
https://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/genreg-reg-regchg.shtml

Associate Diploma Calendar - Dropping Courses
https://www.uoguelph.ca/registrar/calendars/diploma/current/c08/c08-drop.shtml

7.4 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.

7.5 Accessibility

The University promotes the full participation of students who experience disabilities in their academic programs. To that end, the provision of academic accommodation is a shared responsibility between the University and the student.

When accommodations are needed, the student is required to first register with Student Accessibility Services (SAS). Documentation to substantiate the existence of a disability is required; however, interim accommodations may be possible while that process is underway.

Accommodations are available for both permanent and temporary disabilities. It should be
noted that common illnesses such as a cold or the flu do not constitute a disability.

Use of the SAS Exam Centre requires students to book their exams at least 7 days in advance and not later than the 40th Class Day.

For Guelph students, information can be found on the SAS website https://www.uoguelph.ca/sas

For Ridgetown students, information can be found on the Ridgetown SAS website https://www.ridgetownc.com/services/accessibilityservices.cfm

7.6 Academic Integrity

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 encourages academic integrity. 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.

Undergraduate Calendar - Academic Misconduct
https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml

Graduate Calendar - Academic Misconduct
https://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/index.shtml

7.7 Recording of Materials

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

7.8 Resources

The Academic Calendars are the source of information about the University of Guelph’s procedures, policies, and regulations that apply to undergraduate, graduate, and diploma programs.

Academic Calendars
https://www.uoguelph.ca/academics/calendars

7.9 Disclaimer

Please note that the ongoing COVID-19 pandemic may necessitate a revision of the format of course offerings and academic schedules. Any such changes will be announced via CourseLink and/or class email. All University-wide decisions will be posted on the COVID-19 website (https://news.uoguelph.ca/2019-novel-coronavirus-information/) and circulated by email.

7.10 Illness

The University will not normally require verification of illness (doctor’s notes) for fall 2020 or winter 2021 semester courses. However, requests for Academic Consideration may still require medical documentation as appropriate.