But it is particularly necessary, in my opinion, for one who discusses this art to discuss things familiar to ordinary folk. For the subject of inquiry and discussion is simply and solely the sufferings of these same ordinary folk when they are sick or in pain.” - Ancient Medicine - The Hippocratic Corpus, circa 400 BCE

Professor: Dr. Christopher J. Fries, PhD
Time & Place: Mondays, Wednesdays, & Fridays: 11:30am - 12:20pm, 308 Tier Building
Website & Email: http://www.umanitoba.ca/faculties/arts/departments/sociology/facstaff/fries.html
CJ_Fries@umanitoba.ca
Office: 317 Isbister Building
Office Hours: Mondays, Wednesdays, & Fridays: 12:30pm - 1:20pm or by appointment
(Note that on test and video days there are no scheduled office hours.)
Telephone: 474-7871 (with voice mail)

1. Nature and Scope of the Course

This course aims to unravel the mysteries of health by looking beyond health as the mere absence of disease in order to explore the structural and personal factors that affect it. In a sociological perspective health is understood as a social construction. That is, our pursuit of health and the manner in which we understand this concept are influenced by social factors. Viewing health as a social construct, we will learn about the importance of healthy societies for health people. The purpose of this course is to provide a sociological framework for understanding the health and health care behaviour of Canadians.

2. Objectives of the Course

✓ Students will develop their sociological imaginations which will help them to think about health and illness sociologically; examining and understanding their own pursuit of health and wellness.
✓ Students will learn to think of health, medicine, and the body as socially constructed.
✓ Students will become familiar with the range of themes and topics that health sociologists study.
✓ Students will learn to understand events in health, medicine, and health care from a sociological perspective.
✓ Students will develop their ability to communicate their sociologically-based analysis in writing.
3. **Required Texts**

- In addition to the required textbook, supplementary readings have been selected from various sources (i.e., published journal articles). Links to these readings are available online where you may download and print your own copies.

4. **Organization of the Course**

This class will meet in the place and at the times indicated in the timetable. Basically, the course will consist of informal lectures - consequently, students are encouraged to participate by making points and asking questions. From time to time, there may be guest lecturers, documentaries may be shown, and we may do some group work.

5. **Professor Expectations** *(Read this carefully - it will ensure your success in this course)*

- **Collegiality:** Together, we can create and maintain a collegial learning environment; one in which we all develop as individuals and scholars and in which the free and respectful exchange of ideas occurs. At all times, it is expected that you will be polite and respectful of your fellow students and your professor!
- **Participation:** Questions and discussion are as much a part of the class as are the lectures. Please participate.
- **Independent Scholarship:** You will be held responsible for all required readings and course materials, such as videos and study guides, whether discussed further in class or not. Please keep up with your homework!
- **Appropriate Referencing Style:** In all written assignments you must provide citations following the *American Sociological Association Style Guide* (3rd ed.), 2007. *(A Quick Style Guide made available by the ASA is available online.)*
- **Attendance and Missed Tests / Assignments:** Regular attendance is expected. Poor attendance will negatively affect your grade. Tests and assignments missed due to unexcused absences will result in a grade of zero, except under documented reasons for missing a test or assignment, i.e., a doctor’s note. Ordinarily, tests must be made-up within one week. Failure to request a make-up test within the expected time frame may result in ineligibility for a make-up test and a mark of zero for the missed test.
- **Late Assignments:** Late assignments will not be graded. In exceptional circumstances (documented illness, etc.) an extension may be granted, provided you receive the professor’s permission BEFOREHAND. If an extension is granted, a new due date will be set. Work missing this date will not be graded.
- **Personal Copies:** Students are instructed to always keep a personal copy of any submitted work in the case that they are required to submit another copy.
- **Professor Availability:** I appreciate that sociology may be a relatively new area of study for you and you may feel overwhelmed by the material. Anxiety over one’s performance on, and preparation for, lectures, tests and assignments is understandable. If you are unclear about the material, my lectures, or my expectations, please ask for clarification during class, or if you prefer, make an appointment to meet with me individually.
- **Sociological Engagement:** As the central learning objective of this course is the development of your sociological imagination, I expect you to think about and discuss course material with others outside class. That is, you are to be a “sociologist of life”!
- **Roadmap:** Read and use this outline as your roadmap for the course: It will be your course reference throughout the term. Many of the organizational questions students ask are answered by it. Further copies are downloadable.
Online Learning Environment: An abundance of course and supplementary material is made available to you through Desire2Learn (D2L). For example, here you will find lecture notes containing basic terms and concepts that form the basis of my course slides and video study guides. Please check the course website regularly for newly posted material. You are responsible for this material.

6. Student Expectations

Students are encouraged to review the University of Manitoba’s “Responsibilities of Academic Staff with regard to Students” document, which can be found online at: http://www.umanitoba.ca/admin/governance/governing_documents/students/278.htm I comply fully with all University of Manitoba policies regarding teaching.

As supplement to the above policies, by the second full week of classes I will collect, summarize, and attach as an addendum to this syllabus your collective expectations of your professor.

7. Policies and Resources

Required Prerequisite: Sociology 1200: Introduction to Sociology is a prerequisite for all other sociology courses, which means students must complete Sociology 1200 with a minimum grade of C if they intend to enroll in more advanced sociology courses. If you have not completed Sociology 1200 with a minimum grade of C, you cannot enroll in this sociology course!

Postexamination Review of Final Grades: In accordance with University and Faculty of Arts policies and the University of Manitoba Senate Policy #1307, department and programs are required to utilize a final grades review and approval process of multi-sectioned undergraduate courses before course grades are rolled into Aurora student. Accordingly, the final grade distribution in this course may be raised or lowered to achieve this equity and, therefore, your final grade may be changed. At the discretion of a Department’s Council, the Faculty of Arts policy states there may also be a review and approval of proposed final grades of other undergraduate courses.

Religious Holidays: The University recognizes the right of all students to observe recognized holidays of their faith, which fall within the academic year. With professor discretion, necessary arrangements can be made to ensure studies are not jeopardized. The professor should be notified in writing of a student’s intended absence in advance and at least three weeks notice of absence should normally be given where special arrangements are sought.

Missed Videos: If you miss a video, you will need to arrange to view it at an alternate time. Making this arrangement is a student responsibility, and must be undertaken in ways that do not inconvenience Information Services and Technology or the professor. To view a missed video, you will need a form which is available from 123 Fletcher Argue and which requires the professor’s signature. Requests require two working days to process. It is your task to bring the form to the professor for signing.

Disruptions: Disruptions due to excessive talking or early departures from the classroom are distracting. Please be considerate and respectful of the needs and rights of others in the class. Students should be aware that persistent disruption may result in disbarment from the course. Any student who has a legitimate reason for leaving class early should inform the professor at the beginning of class and sit near the exit.

Cell Phones and Electronic Devices: I won’t text or chat when you are talking to me. Please extend me the same courtesy. Cell phones and other electronic devices should be turned off prior to the class. If, for any reason, you need to leave your cell phone on, you should obtain permission from the professor. While portable computers may be used for the purposes of taking notes, any other use during class time is not permissible.

Copyright / Intellectual Property: The lectures and displays (and all material) delivered or provided in this course including any visual or audio recording thereof, are subject to copyright owned by Christopher J. Fries. It is prohibited to record or copy any means, in any format, openly or surreptitiously, in whole or in part, in the absence of express written permission from Christopher J. Fries any of the lectures, materials provided or published in any form during or from this course.
**Voluntary Withdrawal:** Last day for voluntary withdrawal from the course without academic penalty is November 13th, 2013.

**Unclaimed Assignments:** Any term work that has not been claimed by students will be held for four (4) months from the end of the final examination period for the term in which the work was assigned. At the conclusion of this time, all unclaimed term work will become property of the Faculty of Arts and be destroyed according to FIPPA guidelines and using confidential measures for disposal.

**Academic Integrity:** Students should acquaint themselves with the University’s policy on plagiarism, cheating, exam personation, (“**Personation at Examinations**” (Section 5.2.9) and “Plagiarism and cheating” (Section 8.1)) and duplicate submission by reading documentation provided at the Arts Student Resources web site at [http://www.umanitoba.ca/faculties/arts/student/index.html](http://www.umanitoba.ca/faculties/arts/student/index.html). Ignorance of the regulations and policies regarding academic integrity is not a valid excuse for violating them. Please don’t cheat! When in doubt about any practice, ask your professor.

**Academic Learning Centre:** Students are welcome to make appointments with a learning skills specialist to discuss a wide variety of learning related issues. ALC staff work with students at all levels and abilities to improve their study and writing skills. Located at: 201 Tier Building Phone: 204-480-1481 Fax: 204-474-7659 Email: academic_learning@umanitoba.ca

**Student Counselling and Career Centre:** The Student Counselling and Career Centre is staffed by professional counsellors whose primary goal is to facilitate the personal, social, academic, and vocational development of university students. Located at: 474 University Centre. Phone: 474-8592.

**Aboriginal Student Centre:** Providing student support in a manner consistent with the culture and values of Aboriginal Peoples for the purpose of increasing/enhancing the accessibility and retention of Aboriginal students. Located at: Aboriginal House, 45 Curry Place. Phone: 474-8850. Email: asc@umanitoba.ca

**Student Accessibility Services:** Students with special learning needs (who for legitimate reasons require extra time to write a test, or who require aids or other supports) should identify themselves to the professor at the beginning of the term in order to arrange suitable accommodation. Student Accessibility Services is located at: 155 University Centre. Phone: 204 474-6213. TTY: 204 474-9790. Fax: 261-7732. Email: student_accessibility@umanitoba.ca

**International Centre for Students:** Provides support for all University of Manitoba students, offering programs and services to help international students before and after their arrival to ease their transition to Canada and ensure their experience is enjoyable, safe, and successful. Located at: 541 University Centre Phone: (204) 474-8501 Fax: 204 474-7562

**Safewalk:** The Safewalk Program was created by utilizing the theory that there is safety in numbers. It is available on both the Fort Garry and Bannatyne campuses. The Student Patrols, under the supervision of the Security Services, walk/escort individuals to any destination within the campus boundaries. The Safewalk service is available twenty-four hours a day, seven days a week, all year round. A Safewalk escort can be initiated by calling 474-9312 or an individual may want to approach the Student Patrol when seeing them on campus to request an escort.

8. **Evaluation**

There is no final exam in this course!

✓ **Tests:** Seventy percent of your grade will be based upon three in class tests covering readings, lectures, videos, video study guides, and class discussions. The term tests will be written during regularly scheduled class time on the dates listed. Tests will be comprised of short answer and multiple choice questions. Tests are non-cumulative; each test covers material in one section of the course. Additional specific information will be provided in class regarding the format and the material to be covered on each of these tests. **Purpose:** To encourage you keep up with lecture and reading material (so please come to class prepared) and to provide you with ongoing feedback as to your performance in the course.
✓ **Health Diary Project:** Thirty percent of your final grade will be based upon a Health Diary Project. This project consists of three parts: First, you will design a health diary instrument (Ten percent). Second, you will be required to keep a daily health diary for the period of one week. Third, using the conceptual framework provided in this course, you will interpret and summarize the information in an eight (8) page written report (Twenty percent). **All required parts must be submitted to receive a final grade!** A separate handout describing the Health Diary Project in detail is available online.

**Purpose:** To provide you with an opportunity to demonstrate your sociological imagination, thinking about your health and health care sociologically, and to communicate your sociologically-based analysis of the factors influencing your health in writing.

### 9. **Composition of Final Grade**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Grade Value</th>
<th>Date Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Diary Form</td>
<td>10%</td>
<td>October 11, 2013</td>
</tr>
<tr>
<td>Test 1</td>
<td>25%</td>
<td>October 18, 2013</td>
</tr>
<tr>
<td>Test 2</td>
<td>25%</td>
<td>November 13, 2013</td>
</tr>
<tr>
<td>Health Diary Project</td>
<td>20%</td>
<td>November 15, 2013</td>
</tr>
<tr>
<td>Test 3</td>
<td>20%</td>
<td>December 4, 2013</td>
</tr>
</tbody>
</table>

### 10. **Letter Grade Assignment**

The following percentage / letter / GPA / descriptive scale will be used:

<table>
<thead>
<tr>
<th>Grade Value</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 – 100 A+</td>
<td>Exceptional</td>
</tr>
<tr>
<td>80 – 89 A</td>
<td>Excellent</td>
</tr>
<tr>
<td>76 – 79 B+</td>
<td>Very Good</td>
</tr>
<tr>
<td>70 – 75 B</td>
<td>Good</td>
</tr>
<tr>
<td>66 – 69 C+</td>
<td>Satisfactory</td>
</tr>
<tr>
<td>60 – 65 C</td>
<td>Adequate</td>
</tr>
<tr>
<td>50 – 59 D</td>
<td>Marginal</td>
</tr>
<tr>
<td>0 – 49 F</td>
<td>Failure</td>
</tr>
</tbody>
</table>

### 11. **Course Topics and Required Readings**

**NOTE:** This tentative outline is subject to change. Changes announced in class will take precedence over the tentative, written schedule. Additional readings may be assigned for topics. (I will provide you with advanced notice.) Please note: In addition to the readings listed below, there are additional readings required to complete the health diary project.

**PART ONE – UNDERSTANDING HEALTH AND WELLNESS SOCIOLOGICALLY:**

- Part One will systematically address various theoretical and methodological issues associated with studying individual and population health.

**Introducing Health Sociology**

✓ Segall and Fries (2011). Chapter 1

**Applying the Sociological Imagination to Health, Illness, and the Body**

✓ Segall and Fries (2011). Chapter 2
PART TWO – EXPLORING THE FACTORS THAT SHAPE HEALTH AND WELLNESS

- Part Two will provide a critical sociological analysis of structural and behavioural factors that influence health status.

Making People Healthy: General Determinants of Health and Wellness

- Segall and Fries (2011). Chapter 4

Addressing Sources of Inequality and Health Disparities: Social Class

- Segall and Fries (2011). Chapter 5

Addressing Sources of Inequality and Health Disparities: Gender

- Segall and Fries (2011). Chapter 6

Addressing Sources of Inequality and Health Disparities: Ethnicity and the Life Course

- Segall and Fries (2011). Chapter 7

Unraveling the Mystery of Health: An Intersectional Model

- Segall and Fries (2011). Chapter 8

PART THREE - PURSUING HEALTH AND WELLNESS

- Part Three will consider the various ways people understand and pursue health including at look at social support and informal care, the use of formal health care services, and alternatives to biomedical health care. We will conclude by highlighting key aspects of health care policy reform and the types of critical issues that need to be addressed to achieve a healthy Canadian population.

Discovering the Hidden Depths of Health Care: Lay Beliefs, Social Support, and Informal Care

- Segall and Fries (2011). Chapter 9

Medicalizing Beings and Bodies: The Link between Population Health and Formal Care

- Segall and Fries (2011). Chapter 10
Moving Beyond Biomedicine: Medical Pluralism

✓ Segall and Fries (2011). Chapter 11

Achieving Healthy Futures

✓ Segall and Fries (2011). Chapter 12

TEST # 3 December 4, 2013