

The University of Texas at Tyler
Course Syllabus
Department of Health and Kinesiology
Fall Semester, 2009

Course Name: Theoretical & Clinical Aspects of Weight Management
Course Number: ALHS 4317.060
Credit Hours: 3
Time: anytime

Instructor Information:

Instructor: Regina Bonnette MS, RD, LD, CDE, BC-ADM
Part Time Instructor, Department of Health and Kinesiology
The University of Texas at Tyler, and Nurtur Health, Clinical Dietitian and Certified
Diabetes Educator
Office Hours: Anytime, but Tuesday and Thursday mornings better
Office Phone: 903-530-1719 (mobile) or 1-800-293-5600 ext 82067
Office Fax: 972-986-6048
Health and Kinesiology Department Office Phone: 903-566-7031
Email: rkbonnette@yahoo.com: please list "fall course" in subject
heading when sending an email

Course Description and Delivery:

An overview of factors associated with weight gain and obesity. Designed for the student with personal or professional interest in the nutritional, psychological, sociocultural, physical and physiological factors in weight control. A translation of theory into application.

It is my goal that you leave this course with a better understanding of how to practice healthy weight management and to be able to communicate this information to others that will facilitate change. In addition, be able to evaluate fad weigh loss ideas that may arise in the future.

This course is a part of the undergraduate offerings for the Allied Health Science program at The University of Texas at Tyler. There are no prerequisites for this course.

Since this course is different from the normal face-to-face class instruction and is designed to impart information via the internet, information can be exchanged in a variety of channels. Since there is no scheduled meeting times for the course, you can access online discussions and assignments when it fits your schedule. Although you can work at your pace for this course, there are deadlines for assignments through out the semester.

Course Objectives:

This course is designed to assist in the mission of teaching students in a health related fields to have an understanding of a wide range of health related topics of which overweight and obesity are major contributor to chronic health problems.

As a student completing this course, the following requirements will be expected of you:

- 1) Calculate Body Mass Index (BMI), Ideal Body Weight (IBW), Resting Metabolic Rate (RMR), and calories needed per day,
- 2) Define overweight and obesity,
- 3) Distinguish between fad diets and appropriate diets,
- 4) List the health consequences of overweight and obesity, and it's metabolic effects,
- 5) State the advantages and disadvantages of different treatments for obesity,
- 6) Create a basic exercise program for weight management,
- 7) Read a food label correctly,
- 8) Understand the genetic and cultural influence on obesity,
- 9) Calculate appropriate energy substrate requirements,
- 10) State the psychosocial issues surrounding weight maintenance,
- 11) Examine risks and contraindications associated with weight loss supplements,
- 12) Identify contemporary medical and surgical treatments for obesity.
- 13) Identify the stages of change and counseling techniques to move people from one stage to the next.

Expectations for the course include:

85% of students will be able to say why fad diets may work short term.

85% of students will be able to list the habits of people who lose weight and keep it off.

85% of students will be able to state the physical activity requirements required to lose weight and keep it off.

Text: Kirby, Jane. Dieting for Dummies, 2nd edition (Wiley Publishing, Inc, 2004). ISBN: 0-7645-4149-8.

You can purchase this book at The University of Texas at Tyler Bookstore at 3900 University Boulevard.

Additional Materials: A diet book of your choice, sign up for the book with the instructor.

Position Statements by American Dietetic Association on Weight Management, and Interventions for Pediatric Overweight. Access to these articles are at www.eatright.org and are posted on Blackboard.

Class Schedule (may change if necessary):

Aug 26th: First day of course, course ends December 18th.

Aug 26- Sept 4 Module 1

Introductions, Obesity maps, Prevalence and Cost of obesity

Lecture, Definition of BMI, obesity and overweight

Read: Chapter 1-3

Sept 5- Sept 25 Module 2

Calories, Body Assessment, Websites for calories, Health Consequences of obesity, Metabolic Syndrome. PCOS, Stages of Changes, Motivational interviewing. Evidence Based Guidelines for Weight Management.

Lectures

Read: Chapters 2,8

Assignment: Calculate BMI, IBW, Calories, Body Frame and Hip to Waist Ratio
Due Sept 13th

Assignment: Journal article submit on discussion board, **due Sept 19st**.

Sept 26th – Oct 23th Module 3

Realistic Weight loss goal, Exercise, METS, Pedometer, Supplements and Obesity Related eating Patterns

Lectures

Read: Chapters 5-7, 9, 10

Assignments: Food diary and diet analysis, **due Oct 3th**.

Assignments: Pick 5 websites, review websites and post on discussion board.
Discussion board on knowing reliable websites, **due Oct 14th**

October 24th Deadline to take Midterm

Oct 25th- Nov 13th Module 4

Medical treatments for obesity, surgery, drugs, role of hormones and genetics, PIMA Indians, Special diets and review of fad diets.

Lectures

Read: Chapters 4, 12, 17-18

Assignment: Pick fad diet book and start working on, pick by **Nov 6th**.

Assignment: Read the American Dietetic Association (ADA) Position Statement on Obesity, Evidence Based Guidelines, NIH and ADA
Discussion board on fad diets

October 30st Last day to drop or withdraw from a course.

Nov 14th- Dec 5th Module 5

Childhood obesity, weight loss program, Psychology of effects of being overweight, discrimination, quality of life, depression.

Lectures

Read: Chapters 11,16,19-22

Assignment: Fad diet power point **due Dec 1st**.

Assignment: Position Statement on Childhood Obesity **due Dec 4th**

Dec 6th- Dec 13th Module 6

Practical Applications: Labels, Eating Out, Cooking, Holiday Eating, and Grocery Shopping.

Lecture

Read: Chapters 13-15

Weight Management Templates or Healthy Selections from a fast food restaurant due Dec 10th.

Final Complete by Dec 17th, comprehensive final: to be multiple choice, true/false, matching and short answer.

Class Assignments:	Possible Points
IBW, BMI due 9/13	25 points
Journal Article due 9/19	30 points
Diet Analysis due 10/3	50 points
5 Websites due 10/14	20 points
Weight Loss Book Assignment 12/1	100 points
Childhood obesity article due 12/4	25 points
Midterm Test	100 points
Final Exam	100 points
Discussion Board/Web conference	<u>20 points</u>
	470 points

Grades: 423-470 points: A
376-422 points: B
329-375 points: C
282-328 points: D
<281 points: F

Class Assignments: All items for due by 5:00 pm, Central Standard Time on the assigned due date. If assignments are late, 10% will be deducted for each day past the deadline.

Assignment 1: Turn in your BMI, IBW, Calories, Body fat, frame size and waist circumference. DO NOT POST THIS information on the discussion board.

Assignment 2: Journal Article: You will need to find 1 research study involving weight loss or weight management. The article should be published in a peer review journal, examples include: Journal of the American Dietetic Association, Diabetes Care, International Journal of Obesity and Related Metabolic Disorders, Obesity Research, Journal of Clinical Nutrition, <http://www.ajcn.org/>, www.nutrition.org. The article will be presented on the discussion board. When posting the research article, I expect you to discuss the purpose of study, methods, and conclusion of study, and list the strengths and weakness of this study.

Assignment 3: Food diary/analysis: keep a 3 day food diary, record everything you eat and drink. Be sure to include the quantities and even the name brand of the item. It is preferred you use 3 days that cover both a weekend and weekday. Using an internet resource to analyze you diet, examples include: www.mypyramid.gov, www.nutriamirror.com, www.sparkpeople.com, www.dietsite.com, or www.fitday.com, then create 3 nutrition goals for you to implement for one week. Be sure to include the analysis with the diet intake.

Assignment 4: 5 Websites dealing with weight loss. Post these on the discussion board with a brief statement about the site and why you like the site.

Assignment 5: Weight Loss Book:

Pick a weight loss book, read the book, and present the information about the diet in a PowerPoint format. Be sure to include why the diet works, a possible menu, and answer is the diet possible long term?

Be Sure to Include the following in the PowerPoint presentation:

1. What is the premise of the diet presented by the author?
2. Describe the details of the nutrition aspects and the exercise components?
3. Breakdown the macronutrients of the diet, give percentages if possible, ex fat 50%, 20% protein and 30% carb, this may not be available for all diets.
4. Pros of the diet- list at least 4
5. Cons of the diet, what is lacking in the diet?- vitamins, nutrients? List at least 4.
6. Are there parts of the book that are “half truths”?
7. Is there one population that would do better with this diet?
8. Is there anybody that this diet would not be appropriate for?
9. Would you recommend this diet to someone?

Post Fact Sheet on line in Discussion Area.

Possible ideas (or pick your own, with my approval)

Eat More, Weigh Less by Dean Ornish

The Zone by Barry Sears

Fit For Life

The Hallelujah diet

The New Atkins' Diet Revolution by Dr. Atkins

Protein Power

Dr. Phil's book

Sugar Busters

The Maker's Diet

The Swarzburch Principle

Weight Watchers

Slim Fast

Fat Flush Plan by Ann Louise Gittleman

Body For Life

Blood Type Diet

Volumetrics

Your Last Diet by Kathleen DesMaison

You on a Diet

The Peanut Butter Diet

The Flat Belly Diet

Assignment 6: Questions from Pediatric Overweight intervention position paper.

Two reading assignments will include the American Dietetic Association Position Paper on the **Weight Management** and on **Individual, Family, School and Community Based Intervention for Pediatric Overweight** will be required reading for the semester. The website to access these papers is: www.eatright.org. Click on position papers. You will be able to read from here or from Blackboard.

Scholastic Dishonesty and Cheating Policy:

If cheating or plagiarism occurs it does mean you will receive a grade of 0 and you may fail. Scholastic dishonesty includes the submission, as one's own work of material that is not one's own. As a general rule, scholastic dishonesty involves one of the following acts: cheating, plagiarism, collusion and/or falsifying academic records. Both faculty members and students are required to report an observed or suspected case of academic dishonesty immediately to a faculty member.

Technical Support

For issues or problems with the website, you can contact the Blackboard administrator. Additional information can be found in the frequently asked questions. Information regarding the digital library can be found at: <http://library.uttyler.edu>. You will need to enter a username and password to gain access. The website tells you what the username and password are to be.

Participation in online discussions

You will be expected to participate in online discussions regarding issues surrounding weight loss. Some modules such as Module 2 and Module 3 have assignments that are to be posted on the discussion board. There may be times that I post something in the news regarding the issue of weight loss or weight management, and I would like a response from you. Your responses should be meaningful comments. Comments like "great story" will not be counted as a post.

In addition, there will be web conferences that will be available at different times where students can ask questions and I can discuss a particular topic. As the semester progresses, you will be notified of when we will have the web conference.

Grade Replacement/Forgiveness

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date).

Exceptions to the 6-drop rule include, but are not limited to, the following: totally withdrawing from the university; being administratively dropped from a course; dropping a course for a personal emergency; dropping a course for documented change of work schedule; or dropping a course for active duty service with the U.S. armed forces or Texas National Guard.

Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

Disability Services

In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement:

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

