The University of Texas at Tyler  
Course Syllabus  
Department of Health and Kinesiology  
Spring 2015

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

Instructor Information:
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please list “Spring 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.


You can purchase this book at The University of Texas at Tyler Bookstore on 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](http://www.eatright.org) and are posted on Blackboard.

**Class Schedule (may change if necessary):**

January 12th: First day of course, course ends May 1st.
January 12– January 19th Module 1
Introductions, Obesity maps, Prevalence and Cost of obesity
Lecture, Definition of BMI, obesity and overweight
Read: Chapter 1, 11, 12

January 20th – February 13th 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 7
Assignment: Calculate BMI, IBW, Calories, Body Frame and Hip to Waist Ratio
Due: January 25th
Assignment: Journal article submit on discussion board, due February 6th

February 14th – March 13th Module 3
Realistic Weight loss goal, Exercise, METS, Pedometer, Supplements and Obesity Related eating Patterns
Lectures
Read: Chapters 2, 6
Assignment: Food diary and diet analysis, due February 22nd
Assignment: Pick 5 websites, review websites and post on discussion board. due March 1st
Assignment: Pick fad diet book and start working on, pick by March 2nd
Midterm March 3rd-7th Deadline to take Midterm by 5:00 pm on the 8th

March 14th – April 3rd 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 8, 9
Assignment: Read the American Dietetic Association (ADA) Position Statement on Obesity, Evidence Based Guidelines, NIH and ADA
Assignment: Discussion board on fad diets

March 23th: Last day to drop or withdraw from a course.

April 4th –April 26th Module 5
Childhood obesity, weight loss program, Psychology of effects of being overweight, discrimination, quality of life, depression. Practical Applications: Labels, Eating Out, Cooking, Holiday Eating, and Grocery Shopping.
Lectures for Module 5 Read: Chapters 3, 4, 5, 10, 15, 16
Assignment: Fad diet PowerPoint due April 11th.
Assignment: Position Statement on Childhood Obesity due April 26th.

Final Complete by May 1st 5:00 pm CT (available at April 27th), comprehensive final: to be multiple choice, true/false, matching and short answer.
Class Assignments: Possible Points
Assignment #1 IBW, BMI 25 points
Assignment #2 Journal Article 30 points
Assignment #3 Diet Analysis 50 points
Assignment #4 5 Websites 20 points
Assignment #5 Weight Loss Book Assignment 100 points
Assignment #6 Childhood obesity article 25 points
Midterm Test 100 points
Final Exam 100 points
Discussion Board 20 points
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 study should be less than 5 years old. 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.choosemyplate.gov, www.nutriamirror.com, www.sparkpeople.com, www.dietsite.com, loseit.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?

The PowerPoint should have at least 15 slides in it including the answer to the questions above and detailed information about the diet.

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 Swarzburgh 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:**
If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttler.edu or call 903.565.5555.

When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

You may also visit the “Help” Tab in Blackboard for useful information or check out On Demand Learning Center for Students at http://ondemand.blackboard.com/students.htm

**Plug-ins and Helper Applications**
UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course.

- **Adobe Flash Player** allows you to view content created with Flash such as interactive web applications and animations. http://get.adobe.com/flashplayer/
• **RealPlayer** allows you to view and listen to streaming video and audio. 

Information regarding the digital library can be found at: [http://library.uttler.edu](http://library.uttler.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.

**UNIVERSITY POLICIES**

**Students Rights and Responsibilities**
To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:  
[http://www2.uttler.edu/wellness/rightsresponsibilities.php](http://www2.uttler.edu/wellness/rightsresponsibilities.php)

**Grade Replacement/Forgiveness**
Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at [http://www.uttler.edu/registrar](http://www.uttler.edu/registrar). Each semester’s Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

**State-Mandated Course Drop Policy**
Texas law prohibits a student who began college for the first time in Spring 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 Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria apply to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttyler.edu

**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.