The University of Texas at Tyler  
Department of Health and Kinesiology  
Theory and Clinical Aspects of Weight Management  
ALHS 4317 - Fall 2015  
Course Syllabus

Instructor: Dr. Jimi Francis  
Office – HPC 3100  
Office Hours: Monday through Wednesday 8 a.m. to 9 a.m. and by appointment.  
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“I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal, nor to accept the actions of those who do.” UT Tyler Honor Code

Please visit the honor code link listed below…  

Course Purpose and Structure:  
This course is designed for the student with personal or professional interest in the nutritional, psychological, sociocultural, physical, and physiological factors of weight management. Students will translate theory into practical application.

The purpose of this course is to develop skills needed to practice and communicate healthy weight management techniques.

This course is different from the normal face-to-face class instruction as it combines face to face and material delivered online. There are scheduled meeting times each Monday throughout the semester and you will be able to access online content as needed to meet the deadlines set out.

Course Requirements:

In taking this course you must:

- Demonstrate math and writing skills by completing assignments.
- Use scientific method to analyze data and draw conclusions from selected readings in scientific literature.
- Exhibit computer skills through use of Blackboard and completion of assignments.

This text is required. You can purchase this book at The University of Texas at Tyler Bookstore on University Boulevard or the place of your choice.
Course Prerequisites:
This course is a senior level course. You are expected to have a basic understanding of anatomy and physiology as well as basic nutrition concepts.

Course Objectives:
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 energy requirements.
2) Define abnormal weight parameters.
3) Distinguish between myth and fact related to food routines.
4) List at least 3 health consequences of abnormal weight and the associated metabolic consequences.
5) Create a basic health plan for yourself and a client/patient.
6) Identify and decipher pertinent information on food labels.
7) Understand the genetic and cultural influences on body weight.
8) Utilize theories and models for health behavior change and appropriate counseling techniques to move people toward healthier behavior.
9) Differentiate between health myths and facts.
10) Demonstrate professional skills with patients.

Position Statements by Academy of Nutrition & Dietetics on Weight Management, Nutrition and Athletic Performance, and Interventions for Pediatric Overweight. Access to these articles are at www.eatright.org and are posted on Blackboard on the “Home” page.

Tentative Course Schedule (the schedule may change if needed):

**August 24th**: First class session.

**Weeks of August 24th through September 11th** – Module 1: Introduction to Weight Management
Introductions, Body weight and quality of life, Clinical terminology used in weight management, Anthropometrics, Eating Disorders
**Read:** Chapter 1, 2, and 3
**Assignment #1:** Journal article review, due September 12th

**September 14th through September 25th** – Module 2: Biological Aspects
Definition of BMI, Calories, Body Assessment, Health Consequences of weight abnormalities, Evidence Based Guidelines for Weight Management.
**Read:** Chapters 4 and 5
Health Assessment: Calculate BMI, IBW, Calories, Body Frame and Hip to Waist Ratio
**Assignment #2:** Body composition evaluation, Due September 18th

**September 28th through October 16th** – Module 3: Physical Activity
Realistic Weight goals, Exercise, Supplements, Eating Patterns

Read: Chapters 6 and 7
Assignment #3: Personal Food and Activity Journal (assignment 3), due September 25th

Exam 1: October 12th

October 19th through November 13th – Module 4: Nutrition for Health
Components of healthy food intake, food assessment, planning guides, and food routines.
Assignment #4: Personal Health Intervention Due October 20, 2015.

Lectures
Read: Chapters 8 and 9
Assignment #5: Fad Food Routine Pros and Cons Oral Presentation, written summary due October 23rd. Presentations will occur October 26th and November 2nd.

October 26th: Last day to drop or withdraw from a course.

November 16th through December 4th Module 5: Clinical approaches to Weight Management
Weight loss drugs, surgery, supplements, stages of change, interviewing.
Assignment 6: Theories and Models of Health Promotion Oral Presentations with written summary, written portion due November 6th. Presentations will occur November 16th.
Read: Chapters 10 and 11
Assignment #7: Patient/Client Food and Activity Health Plan, due November 20th

Comprehensive final (Exam 2): to be multiple choice, true/false, matching and short answer.

Class Assignments: Possible Points
Assignment #1 Journal Article Review 50 points
Assignment #2 Body Composition Evaluation 50 points
Assignment #3 Personal Food and Activity Journal 50 points
Assignment #4 Personal Health Intervention 50 points
Assignment #5 Fad Food Routine summary and presentations 75 points
Assignment #6 Theories/Models of Health promotion 75 points
Assignment #7 Client/patient Health Plan 100 points
Quizzes 110 points
Midterm Test 100 points
Final Exam 100 points
Class Participation (earned in class and discussion board) 240 points

Total Possible 1000 points

Grades: 900-1000 points: A
800-899 points: B
700-799 points: C
600-699 points: D
<599 points: F

The points you earn equals the grade you get. 799 points is a C, not a B.

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: Journal Article: Choose a primary research article published in a peer reviewed journal related to weight management. Examples of a peer reviewed journal include: Journal of the Academy of Nutrition and Dietetics, 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 must have been published within the last 5 years. 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. You must comment one pro and one con of the articles posted by 2 of your peers to receive total points on this assignment.

Assignment 2: Personal Body Composition Evaluation: In pairs, measure current weight, height, and body circumferences (calf, thigh, hip, waist, chest, and biceps). Calculate BMI, IBW, and frame size. Have DEXA performed and compare to the calculated BMI, IBW, frame size, and your calculated body composition.


Assignment 4: Personal Health Plan: Using your Food and Activity spreadsheets, develop 2 nutrition goals, and 2 activity goals to implement for one week. After implementing your plan for one week, write a summary of the goals and how they fit into a long term health plan. Include in your report whether or not you met your goals.

Assignment 5: Food Fad Presentations: You will choose at random a food routine that is popular; you will prepare a presentation based on that food routine. Be sure to include the following in the written summary and your oral presentation:
1. What is the premise of the food routine presented by the author?
2. Describe the details of the nutrition aspects and the exercise components?
3. Breakdown the macronutrients of the food routine, 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
6. Are there parts of the food routine that are “half-truths”?
7. Is there one population that would do better with this food routine?
8. Is there anybody that this food routine would not be appropriate for?
9. Would you recommend this food routine to someone?

The oral presentation must be 5-10 minutes long, should you use a Power Point it should have at least 15 slides in it including the answer to the questions above and detailed information about the diet.

Assignment 6: Theories/Models of Health Promotion Presentations: You will be given a theory or model of health promotion. Prepare a minimum of 5 minutes and maximum of 10 minutes oral presentation using visual aids, summarize the theory or model you were assigned, then provide pros and cons of the theory/model as a written summary and in an oral presentation.

Assignment 7: Client/Patient Health Plan: This assignment will be a combination of assignments 2, 3, and 4, but it will be completed on a patient/client rather than yourself.

Written Assignments MUST have:

- The title and number of the course
- Your Name
- Date
- Assignment Number and Title

Technical Support:
If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttyler.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/](http://get.adobe.com/flashplayer/)
- **RealPlayer** allows you to view and listen to streaming video and audio. [http://www.real.com/](http://www.real.com/)

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.

**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 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 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.