

# Theory and Clinical Aspects of Weight Management

*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*

<http://www.uttyler.edu/educpsych/files/HonorCode.pdf>

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## Professor

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## Course Description

This course is an overview of factors associated with weight maintenance, weight gain, weight loss, and risk factors of obesity. This course is designed for the student with personal or professional interest in the nutritional, psychological, sociocultural, physical, and physiological factors of weight management. This course provides supervised practice to translate the theories into application.



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## Course Purpose

The purpose of this course is to develop skills needed to practice and communicate healthy weight management to others. 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 and Wednesday of the semester and you will be able to access online content as needed to meet the deadlines set out.



*“To eat is a necessity, but to eat intelligently is an art.” - La Rochefoucauld*

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This syllabus was created to inform students in this course of the learning expectations. As a person interested in the health professions, this course will be extremely valuable. The syllabus is your resource during the semester to be successful in the course. The schedule is located at the end of the syllabus and on Canvas.

## Course Goal and Requirements

By the completion of this course, students will demonstrate knowledge of evidenced-based scientific nutrition principles and use that knowledge to impact health at the personal level.

### 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 Canvas and completion of assignments.

**Course Prerequisites** — This course is a senior level course. The prerequisites for this course are ALHS 1315 and BIOL 2301. You are expected to have a basic understanding of anatomy and physiology. If you have not had a nutrition course you will have to do additional outside of class reading and preparation.

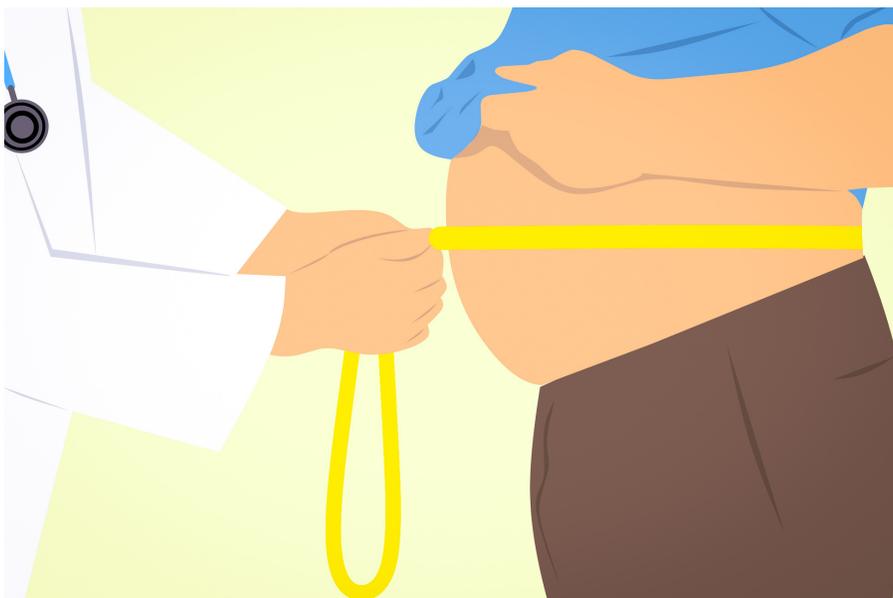
## Course Learning Objectives

This course is designed for health care majors with some science background or an advanced interest in Nutritional Science. As a student completing this course, you are expected to complete the following objectives:

CSLO 1. Identify and explain scientifically based nutrition and physiological principles in relation to the prevention of chronic disease.

CSLO 2. Utilize nutrient database software for dietary assessment and critically analyze the data.

CSLO 3. Assess the nutritional status of an individual integrating health and chronic disease history, dietary data, knowledge of physiological consequences of nutritional issues and communicate it effectively in a written report.



## Reading requirements

Text: Nutrition, Exercise, and Behavior. Summerfield and Ellis.

Wadsworth Publishing, Third Edition, 2012.

ISBN-13: 978-1-305-25877-8

You can purchase this book at The University of Texas at Tyler Bookstore on University Boulevard or the place of your choice. The text book is MANDATORY.

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 is posted on Canvas.

**Be AWARE** that the course schedule may be subject to change. Watch for updates in Canvas.

## Participation Expectations

There are expectations of you, as the student, for this course. This course requires attendance in class one day each week. You are required to complete all online assignments. Aside from class participation and attendance, you will spend approximately 4 to 5 additional hours preparing for the course each week with online activities and study time. You must have the writing and math skills that are needed for this course.

All students must present a professional demeanor in their class interactions, speaking, and writing. Students should use correct spelling and punctuation in any correspondence in this course. This includes in emails, discussion boards, and assignments (even tweets). Students should use APA style of writing for written assignments. Do use the Writing Center to have them edit your written assignments before you submit them. The Writing Center at the University of Texas is a place for all students, faculty, and staff to work on their writing projects and writing skills. Make an appointment TODAY!

<https://www.uttyler.edu/writingcenter/>



## Response Policy

While the following are anticipated response times, typically the response will be quicker.

Graded Quizzes, Assignments, Activities, and Exams: Grades will be available with-in 2 weeks of the due date. Much of the time you will be able to see grades sooner than the times listed. However, there are times when it takes longer to grade some assignments.

Voice mail messages: within 48 hours except on weekends and Holidays

Email: within 48 hours except on weekends and Holidays.

**If you leave me a voice message or send me an email and do not have a response from me within 48 hours, please contact me again as it means I did not get the message!**

**Include your name and course number with all correspondence.**

## Grading

<b>Assignment #1</b>	Critical Journal Article Review	100 points
<b>Assignment #2</b>	Body Composition Assessment	75 points
<b>Assignment #3</b>	Personal Food & Activity Journal	75 points
<b>Assignment #4</b>	Personal Health Plan	100 points
<b>Assignment #5</b>	Fad Food Routine Pros & Cons	50 points
<b>Assignment #6</b>	Client/patient Health Plan	150 points
	<b>Quizzes</b>	100 points
	<b>Midterm Exam</b>	100 points
	<b>Final Exam</b>	150 points
	<b>Discussion and Class Participation</b>	
	5 @ 20 points each	100 points
	<b>Total Possible</b>	<b>1000 points</b>

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

**There is no "curve." Please note that 899 points is a B, NOT an A. Students must be prepared to discuss assigned readings.**

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# Assignment Details

**All items are due by 11:00 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** - Critical reading and summary of an assigned peer-reviewed paper – **100 points possible**. After reading the an assigned paper, write a summary following the Rubric provided. This written summary should include the following elements:

Summarize the main purpose of the paper, summarize 2-3 findings of the work, summarize the limitations and drawbacks in research methods, interpretation of results, and other aspects of the work; relate the results of this paper to a subject not included in the paper (e.g. translate to a new application) **100 points**

**Assignment 2**– Body Composition Assessment: This is an in-class activity. You will conduct body composition assessment using objective measurements. Calculate BMI. Calculate Ideal Body Weight using the HAMWI formula. Calculate body density. Calculate fat percentage using body density. Collect body circumference measurements and skin fold measurements. Additional instructions are posted in Canvas. **75 points**

**Assignment 3** - Personal Food and Activity Journal: Record your intake, (everything you eat or drink including supplements) for 5 days using an internet resource to analyze your diet (examples include: [www.supertracker.gov](http://www.supertracker.gov), [www.nutriamirror.com](http://www.nutriamirror.com), [www.sparkpeople.com](http://www.sparkpeople.com), [www.dietsite.com](http://www.dietsite.com), or [www.fitday.com](http://www.fitday.com)). Create reports for Macronutrient ranges, Fat Breakdown, nutrient levels, and Intake in a spreadsheet. Record everything you do, rounded to the nearest 1/4 hour. Additional instructions are posted in Canvas. **75 points**

**Assignment 4** - Personal Health Plan: Using your Personal Food and Activity data, 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. Additional instructions are posted in Canvas. **100 points**

**Assignment 5** - Food Fad Pros and Cons: As a team, you will be randomly assigned a fad food routine. The team will prepare an oral presentation and a written summary of the routine. Additional instructions are posted in Canvas. **50 points**

**Assignment 6** - Client/Patient Health Plan. Using a volunteer, you will measure their current weight, height, and body circumferences (calf, thigh, hip, waist, chest, and biceps). Calculate BMI, IBW, and frame size. Have the volunteer complete a 5-day Personal Food and Activity Journal; analyze the data you collect from the volunteer on their food intake and energy expenditure. Include in your report whether or not your volunteer met their goals. Additional instructions are posted in Canvas. **150 points**

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## Tentative Course Schedule:

*\*the schedule may change if needed*

### Weeks 1-3 (August 23rd through September 12th)- 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

**Complete Quizzes**

**View:** In class or on Canvas

**Assignment #1:** Critical article review, **Due September 12th**

**Body Image Discussion**

### Weeks 4-5 (September 13th through September 26th) – 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

**Complete Quizzes**

**View:** In class or on Canvas

**Assignment #2:** Body Composition Activity. Calculate BMI, IBW, Calories, Body Frame and Hip to Waist Ratio – In class activity. **Due September 28th**

### Weeks 6-7 (September 27th through October 10th) – Module 3: Physical Activity

Realistic Weight goals, Exercise, Supplements, Eating Patterns

**Read:** Chapters 6 and 7

**View:** In class or on Canvas

**Complete Quizzes**

**Assignment #3:** Personal Food and Activity Journal, **due October 10th**

### Midterm Exam (Exam 1): October 21th

### Weeks 8-11 (October 11th through November 7th)- Module 4: Nutrition for Health

*\*October 21 - no class, work on group project & personal health plan*

Components of healthy food intake, food assessment, planning guides, and food routines.

**View:** In class or on Canvas

**Read:** Chapters 8 and 9

**Complete Quizzes**

**Assignment #4:** Personal Health Plan, **Due October 24th**

**Assignment #5:** Fad Food Routine Pros and Cons - **Team Presentations November 2nd & 4th**

### Weeks 12-15 (November 8th through December 5th)- Module 5: Clinical approaches to Weight Management **NO Class November 23rd & 25th - HAPPY THANKSGIVING!**

Weight loss drugs, surgery, supplements, stages of change, interviewing.

**Read:** Chapters 10 and 11

**View:** In class or on Canvas

**GUEST LECTURE:** Colleen Walsh Long - Adventum Mindfulness Network Date: TBD

**Complete Quizzes**

**Assignment #6:** Patient/Client Food and Activity Care Plan, **Due November 28th**

### Comprehensive Final (Exam 2): December 9, 2021

- multiple choice, true/false, matching and short answer.

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## 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

## Campus Concealed Carry at the University of Texas at Tyler

The UT Tyler Concealed Handguns on Campus Policy was approved by the UT System Board of Regents and went into effect at all UT Tyler facilities beginning Aug. 1, 2016. Senate Bill 11 authorizes handgun license holders to carry their concealed handguns on campus and also requires each university to develop specific guidelines regarding campus concealed carry.

Under UT Tyler's policy, which was developed through an extensive process led by the Campus Concealed Carry Working Group, all licensed handgun carriers are required to carry the handgun in a holster or other secure weapon case that completely covers the trigger and the entire trigger guard area. The holster must sufficiently retain the handgun in place so that it will not discharge in the event of sudden movement. In addition, UT Tyler's policy categorizes certain areas as exclusion zones, where the concealed carrying of a handgun is prohibited. Signs are posted at the entry points of areas identified in the policy as exclusion zones. Exclusion zones include all or part of certain buildings. Specific areas are detailed in UT Tyler's Concealed Handguns on Campus Policy.

# University Policies

## Student's 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.uttyler.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.uttyler.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 (January 16, 2018) 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)**

## University of Texas at Tyler is a Tobacco-Free University

- All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

- Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

- There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit [www.uttyler.edu/tobacco-free](http://www.uttyler.edu/tobacco-free)

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## **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](mailto: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.