I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal, nor to accept the actions of those who do.

Please visit the honor code link listed below…

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 management. A translation of theory into 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 Tuesday of 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.

Course Prerequisites:
This course is a senior level course. While there is no prerequisite for this course, you are expected to have a basic understanding of anatomy and physiology. If you have not had a nutrition course you may have to do additional outside if class reading and preparation.
Course Objectives:
This course is a Senior level (4000 designation) and is designed for health care majors with some science background or an advanced interest in Nutritional Science.
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 the 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.


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

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.

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

January 17: First class session.

Weeks of January 17th through February 3rd – 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: Journal article review (assignment 1), due January 27th.

February 7th through February 24th – 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
Class Meeting - Tuesday 11:00 to 12:20

**Assignment:** Calculate BMI, IBW, Calories, Body Frame and Hip to Waist Ratio – In class Activity **Due: End of class February 21st.**

**Attend:** Evidenced Based Practice Conference February 14 instead of class.

**Assignment:** Evidence Based Practice (assignment 2), due February 17th

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February 28th through March 10th – Module 3: Physical Activity
Realistic Weight goals, Exercise, Supplements, Eating Patterns
**Read:** Chapters 6 and 7

**Assignment:** Personal Food and Activity Journal (assignment 3), due March 10th

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**Exam 1: March 9th**

March 14th through April 7th – Module 4: Nutrition for Health
Components of healthy food intake, food assessment, planning guides, and food routines.

**Assignment:** Personal Health Plan (assignment 4), Due March 24th

**Lectures**
**Read:** Chapters 6 and 7

**Assignment:** Personal Food and Activity Journal (assignment 3), due March 10th

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March 14th through April 7th – Module 4: Nutrition for Health
Components of healthy food intake, food assessment, planning guides, and food routines.

**Assignment:** Personal Health Plan (assignment 4), Due March 24th

**Lectures**
**Read:** Chapters 6 and 7

**Assignment:** Personal Food and Activity Journal (assignment 3), due March 10th

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April 11th through April 29th Module 5: Clinical approaches to Weight Management
Weight loss drugs, surgery, supplements, stages of change, interviewing.

**Read:** Chapters 10 and 11

**Assignment:** Patient/Client Food and Activity Care Plan (assignment 6), Due April 21st.

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

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**Class Assignments:**

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Possible Points</th>
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<tbody>
<tr>
<td>Assignment #1 Journal Article Review</td>
<td>100 points</td>
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<tr>
<td>Assignment #2 Evidence Based Practice</td>
<td>100 points</td>
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<tr>
<td>Assignment #3 Personal Food and Activity Journal</td>
<td>50 points</td>
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<tr>
<td>Assignment #4 Personal Health Plan</td>
<td>50 points</td>
</tr>
<tr>
<td>Assignment #5 Fad Food Routine Pros and Cons</td>
<td>50 points</td>
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<tr>
<td><strong>Assignment #6 Client/patient Health Plan</strong></td>
<td><strong>200 points</strong></td>
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<tr>
<td>Quizzes</td>
<td>100 points</td>
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<tr>
<td>Midterm Test</td>
<td>100 points</td>
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<tr>
<td>Final Exam</td>
<td>150 points</td>
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<tr>
<td>Class Participation 5 activities @ 20 points each</td>
<td><strong>100 points</strong></td>
</tr>
</tbody>
</table>

Total Possible: 1000 points

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Grades:

- 900-1000 points: A
- 800-899 points: B
- 700-799 points: C
- 600-699 points: D
- <599 points: F
Class Assignments: All items are 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: You will need to find 1 research study involving 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/](http://www.ajcn.org/), [www.nutrition.org](http://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. You must comment on a least 2 studies posted to receive total points on this assignment.

Assignment 2: Evidence Based Practice: Attendance at the Evidence Based Practice Conference with a written summary.

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.choosemyplate.gov](http://www.choosemyplate.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 ¼ hour. Create an Activity Log using a spreadsheet. On this activity log calculate energy expenditure for sleep and for the four highest energy using activities.

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.

Assignment 5: Food Fad Pros and Cons: You will be randomly assigned a fad food routine. Write a summary of the routine and answer the following questions about it:
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 2
5. Cons of the diet, what is lacking in the food routine? List at least 2.
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. Would you recommend this food routine to someone?

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. Provide the macronutrient ranges, fat breakdown, and nutrient levels in the form
of a spread sheet or graphs to be used to explain the findings to the volunteer. Develop an intervention for them of 2 nutrition goals, and 2 activity goals to implement for one week. At the end of that week review the outcome with your volunteer. Write a report following Scientific Format. Include in your report whether or not your volunteer met their goals.

**Technical Support:**
If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.utyler.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.utyler.edu](http://library.utyler.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.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 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.

UT Tyler 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.utttyler.edu/tobacco-free