

Undergraduate Council
 New Course Course Change
 Core Category: NONE Effective Fall 2008

or

Graduate/Professional Studies Council
 New Course Course Change
 Effective Fall

1. Department: HHP College: EDUC
 2. Person Submitting Form: Sharon Bode Telephone: 34112

RECEIVED OCT 15 2007

3. Course Information on New/Revised course:
 • Instructional Area / Course Number / Long Course Title:
NUTR / 4346 / Research in obesity and weight management
 • Instructional Area / Course Number / Short Course Title (30 characters max.)
NUTR / 4346 / RESEARCH IN OBESITY + WGT MGT
 • SCH: 3.00 Level: SR CIP Code: 51.3101.0014 Lect Hrs: 3 Lab Hrs: 0

APPROVED FEB 20 2008

4. Justification for adding/changing course: Successfully taught as a selected topics course
 5. Was the proposed/revised course previously offered as a special topics course? Yes No
 If Yes, please complete:

• Instructional Area / Course Number / Long Course Title:
NUTR / 4396 / Obesity and weight management
 • Content ID: 295548 Start Date (yyyy3): 20051

6. Authorized Degree Program(s): BS Human Nutrition and foods
 • Does this course affect major/minor requirements in the College/Department? Yes No
 • Does this course affect major/minor requirements in other Colleges/Departments? Yes No
 • Are special fees attached to this course? Yes No
 • Can the course be repeated for credit? Yes No

7. Grade Option: Letter (A, B, C ...) Instruction Type: lecture ONLY (Note: Lect/Lab info. must match item 3, above.)

8. If this form involves a change to an existing course, please obtain the following information from the course inventory: Instructional Area / Course Number / Long Course Title
 ___ / ___ / ___

• Start Date (yyyy3): ___ Content I.D.: ___

9. Proposed Catalog Description: (If there are no prerequisites, type in "none".)
 Cr: 3. (3-0). Prerequisites: NUTR 2332, KIN 4310. Description (30 words max.): Overview of the multiple contributing factors in obesity; analysis of current research in obesity and weight management; review of dietary approaches to weight control.

10. Dean's Signature:  Date: 10/12/07

Print/Type Name: Robert Wimpleberg

University of Houston  College of Education

COLLABORATION FOR LEARNING & LEADING

SYLLABUS
NUTR 4396 / HLT 6397
RESEARCH IN OBESITY AND WEIGHT MANAGEMENT

Spring 2007
118 Garrison
4:00-7:00 Tuesday

Instructor: Sharon K. Bode PhD RD

Office: Room 233 Cameron

Phone: 713-743-4112

E mail: skbode@att.net

Office hours: Tuesday 2-3:30 and by appointment

Prerequisites: NUTR 2332 Introduction to Nutrition. FAILURE TO COMPLETE THE PREREQUISITE REQUIREMENTS MAY RESULT IN THE STUDENTS INABILITY TO COMPLETE COURSE ASSIGNMENTS.

Required reading: Fat Land, Greg Crister 2003
The Hungry Gene, Shell 2002

OBJECTIVES

- Describe the metabolic changes that accompany obesity
- Identify the health risks associated with obesity
- Identify the genetic components of weight control
- Identify the environmental factors contributing to obesity
- Identify psycho-social components of obesity
- Identify populations at-risk for obesity
- Evaluate strategies for calorie control including calorie restriction and surgery options
- Design interventions for prevention and treatment of obesity in groups
- Identify strategies for increasing physical activity among obese groups
- Critically review research studies in obesity and apply findings to practice.
- Knowledge of: research methodologies, needs assessments, outcomes-based research, scientific method and quality improvement methods
- Demonstrated ability to interpret current research and interpret basic statistics

The course will be a combination of lecture, guest speakers, video, readings and class discussion. Attendance is required in order to achieve the learning objectives. Students will be evaluated based on three assigned projects and class participation. The point distribution is as follows:

Assignment #1	Article critiques	100 points
Assignment #2	Essay	100 points
Assignment #3	Diet evaluations	100 points
Class participation/attendance	9 points each	<u>100 points</u>
Total points		400 points **

**An additional assignment will be required for graduate credit

Grades will be assigned as follows:

360-400	A	(90-93% A-)
320-359	B	(80-83% B-, 87-90 B+)
280-319	C	(70-73% C-, 77-80 C+)
240-279	D	(60-63% D-, 67-70 D+)
<239	F	

All assignments are due on or before the specified due date. NO LATE ASSIGNMENTS WILL BE ACCEPTED. CREDIT FOR ATTENDANCE REQUIRES STUDENT TO BE PRESENT FOR THE ENTIRE CLASS PERIOD. ATTENDANCE WILL BE RECORDED AT THE DISCRETION OF THE INSTRUCTOR. All assignments must be typed and bound. Correct grammar, punctuation and spelling are assumed—students may forfeit up to 20% of the assignment points for grammatical and/or spelling errors.

Attendance may be taken orally or written—students must attend the entire class to receive attendance credit.

All work is to be done independently. ACADEMIC DISHONESTY OF ANY KIND WILL RESULT IN AUTOMATIC FAILURE OF THE COURSE.

TENTATIVE COURSE SCHEDULE

1/16/07	Course Introduction/Research methods
1/23/07	Overview of obesity**
1/30/07	Nutritional assessment
2/6/07	Super size me
2/13/07	Metabolic changes**
2/20/07	Psycho-social issues in obesity
2/27/07	Obesity and inflammatory processes
3/6/07	Pharmacology**
3/13/07	Spring Break
3/20/07	Exercise and weight control**
3/27/07	Medical fasting
4/3/07	Bariatric surgery**
4/10/07	Class presentations
4/17/07	Class presentations
4/24/07	Class presentations

**Review of research article due this week

Assignment #1

Critique of research articles:

20 points each

1. Select one research article from current (2003-present) literature related to the weekly assigned topics we will discuss in class.
2. Select research articles from peer-reviewed journals in the areas of nutrition, health education, public health, wellness or exercise science.
3. On the designated weeks, you will be responsible for turning in a summary of the article that you selected. Provide the following information in your own words:

Objective, research question, or hypothesis:

Experimental Design:

Setting: location

Subjects: criteria for selection and number of subjects

Interventions: Treatment if any - what kind? how much? How often?

Main Outcome Measures:

Statistical Analyses Performed on Main Outcome Measures:

Results: Summarize key findings for main outcome measures

Citation for study: Authors' names, title, journal, year, volume & pages. Use the bibliographic citation in the format described in guide for authors in the *Journal of the American Dietetic Association*. This appears in the January issue.

Following your review of the research article, write a summary of the implications of the results of this study on your future area of practice. This section will not be included in the article and will require that you understand the research reported and how you as a practicing dietitian/health educator/exercise trainer can use the results of this study to improve the care of your clients. This section should answer the question "If you were a nutrition/exercise/health practitioner practicing in this area, how would you change your practice after reading this article?" Describe specifically how you would change your practice or justify your reasons for not changing your practice. This is a critical portion of the assignment. This portion requires thought on your part and should not be prepared at the last minute.

Attach a complete copy of the article reviewed. No points will be awarded for the assignment without the article.

You will be expected to present the findings and answer questions about your article in the class discussion each week.

Points possible: 20 points per article

- Choose an appropriate article and summarize-5 points
- Summary of implications-15 points

Assignment #2

Essay: The obesity epidemic: Causes and solutions

100 points

Due date: April 17, 2007

Part one: Based on the assigned readings (Fat Land and The Hungry Gene), write an essay describing your beliefs on the origins of the current obesity epidemic. Your opinion should be supported by facts presented in the readings, guest lectures and class discussions. Discuss the roles of each of the following: genetics, social, economic, political, metabolic, dietary and psychological factors. Identify which factors you believe to be the most significant contributors to the obesity problem and why. This section is worth 50 points. Points will be awarded based on the depth and clarity of knowledge of the various factors affecting obesity. Although this is your opinion, it must be clearly based on facts as they are presented in class and the readings.

Part two: Propose solutions to the obesity epidemic. Based on the origins cited in part one, suggest how the problem should be addressed to reduce current prevalence and prevent future occurrence. The proposed solutions should be broad-based efforts to

reduce obesity nationwide, not individually. This section is worth 50 points. Points will be awarded based on the feasibility of the proposed solutions and their likelihood of success. If large scale funding is required, you must discuss how the project would obtain the necessary funds. Also, you must include what methods you would employ to measure the success of the project.

The essay should be a minimum of five type written pages. Provide appropriate citations as needed.

Assignment #3

Dietary approaches to weight management

100 POINTS

DUE DATE: April 3, 2007

Analyze your assigned dietary program for the following:

1. Diet rationale—what is allowed and what isn't—include timing, portions, food groups omitted, supplements etc. Where did the concept for this diet originate? What are the credentials of the people promoting the diet?
2. Nutritional content: analyze at least three days of recommended menus for nutrient content and deficiencies. What is the average Kcal and protein per day? What vitamins and minerals are likely missing? If there are different stages to the diet, what are the changes in nutrient content between the various stages?
3. Metabolic realities—research the theory behind the diet and compare that to research supported facts. Is weight loss likely? Why does the diet work? Has this diet approach been tested through peer-reviewed research? Review the findings. If peer-reviewed research is not available, what research is cited in the diet literature to support this approach? Discuss the validity of those citations.
Cite your references.
4. Efficacy and long-term outlook—does it work? Are there studies that support this theory? Is it possible to stay on the diet? Harmful to your health? Strengths and weaknesses of this approach. How would you counsel a client who wanted to use this diet for weight loss?

It is up to the group to determine the division of responsibility for each section. The group must turn in one cohesive report with all sections included. Students will be graded individually on their assigned sections only. The group will present the findings in a formal power point presentation—each member of the group will present the section that they were responsible for. The division of points is as follows:

- Written section—65 points
- Oral presentation—25 points
- Overall written report—10 points

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When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with DisABILITIES at ext. 3-5400 for more assistance.

Conceptual Framework of the College of Education - Collaboration for Learning and Leading

In the spirit of the College of Education's conceptual framework this course exposes the students to the collaborative efforts of teachers, medical doctors, research scientists, industry leaders and government officials to gain a comprehensive understanding of the process of movement control and learning as they relate to the development of healthy lifestyles. This collaborative approach is reflected in the many techniques used to deliver course content and the varied assessments all designed to prepare the students to assume leading roles in society in the professional area of nutrition and physical fitness.