

UC 1213812F

CBM003 ADD/CHANGE FORM

APPROVED APR 24 2013

Undergraduate Council
 New Course Course Change
 Core Category: Soc Behv Sci Effective Fall 2014

or
 Graduate/Professional Studies Council
 New Course Course Change
 Effective Fall 2014

1. Department: Health and Human Performance College: CLASS
2. Faculty Contact Person: Dr. Whitney Breslin Telephone: 3-9809 Email: wltharpe@central.uh.edu
3. Course Information on New/Revised course:
 - Instructional Area / Course Number / Long Course Title:
KIN / 1304 / Public Health Issues in Physical Activity and Obesity
 - Instructional Area / Course Number / Short Course Title (30 characters max.)
KIN / 1304 / PUBLIC HLT ISSUES IN PHYS/OBES
 - SCH: 3.00 Level: FR CIP Code: 31.0505.00 14 Lect Hrs: 2 Lab Hrs: 1
4. Justification for adding/changing course: To meet core curriculum requirements
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:
____ / ____ / _____
 - Course ID: _____ Effective Date (currently active row): _____
6. Authorized Degree Program(s): BA, BS
 - 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
 - Can the course be repeated for credit? Yes No (if yes, include in course description)
7. Grade Option: Letter (A, B, C ...) Instruction Type: lecture laboratory (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
KIN / 1304 / Public Health Issues in Physical Activity and Obesity
 - Course ID: 28981 Effective Date (currently active row): 2011
9. Proposed Catalog Description: (If there are no prerequisites, type in "none".)
Cr: 3. (2-1). Prerequisites: None Description (30 words max.): Analysis of the effect of obesity and physical activity on disease risk and the effect of aerobic exercise on weight control and health promotion.
10. Dean's Signature: _____ Date: 10/11/12
 Print/Type Name: Sarah Fishman

RECEIVED OCT 12 2012

REQUEST FOR COURSES IN THE CORE CURRICULUM

Originating Department or College: Health and Human Performance

Person Making Request: Dr. Rey Trevino

Telephone:

Email: ratrevino@uh.edu

Dean's Signature: _____

Date: 10 September 2012

Course Number and Title: KIN 1304 Public Hlt Issues in Phys/Obes

Please attach in separate documents:

Completed CBM003 Add/Change Form with Catalog Description

Syllabus

List the student learning outcomes for the course (Statements of what students will know and be able to do as a result of taking this course. See appended hints for constructing these statements):

Upon Completion of this course, students will: 1. Demonstrate an understanding of current health concerns in the U.S. 2. Demonstrate an understanding of how physical inactivity and obesity contribute to chronic diseases. 3. Demonstrate an understanding of strategies (exercise, nutrition, sleep, stress management) that can be used to prevent the negative consequences associated with physical inactivity and obesity.

Component Area for which the course is being proposed (check one):

Communication

American History

Mathematics

Government/Political Science

Language, Philosophy, & Culture

Social & Behavioral Science

Creative Arts

Component Area Option

Life & Physical Sciences

Competency areas addressed by the course (refer to appended chart for competencies that are required and optional in each component area):

Critical Thinking

Teamwork

Communication Skills

Social Responsibility

Empirical & Quantitative Skills

Personal Responsibility

Because we will be assessing student learning outcomes across multiple core courses, assessments assigned in your course must include assessments of the core competencies. For each competency checked above, indicated the specific course assignment(s) which, when completed by students, will provide evidence of the competency. Provide

detailed information, such as copies of the paper or project assignment, copies of individual test items, etc. A single assignment may be used to provide data for multiple competencies.

Critical Thinking:

Students will be required to participate in a Blackboard Learn online group discussions about current topics and controversies related to health, obesity, physical activity, and chronic diseases. Students must research the topic and formulate an educated opinion on the topic. Group members will be able to view and respond to posts by other group members.

These discussions will be available online for evaluation.

Sample Assignment:

Most researchers have accepted the idea that obese individuals are at a much greater risk for chronic diseases and mortality than healthy weight individuals. There is some emerging data, however, suggesting that fitness level may also pose a significant risk for chronic disease. Overweight and moderately obese persons who exercise regularly and maintain a certain fitness level may be at a lower risk for chronic disease. Read the following article and post your thoughts about this concept. Are we, as a society, more concerned about appearance than health? Is the value of exercise underappreciated? How aware were you of the importance of an active lifestyle compared to the importance of being thin?

www.guardian.co.uk/lifestyle/2010/mar/09/fit-fat-unfit-thin

Communication Skills:

In the same discussion assignment described above, students must present their education opinion or argument in a logical, organized manner to their classmates.

Empirical & Quantitative Skills:

In the same discussion assignment described above, students will assess the impact of environment/behavioral/genetic factors on health outcomes and quality of life in various contexts.

Teamwork:

Click here to enter text.

Social Responsibility:

In the same discussion assignment described above, students will explore issues related to social responsibility, including health policy.

Personal Responsibility:

Click here to enter text.

Will the syllabus vary across multiple section of the course? Yes No

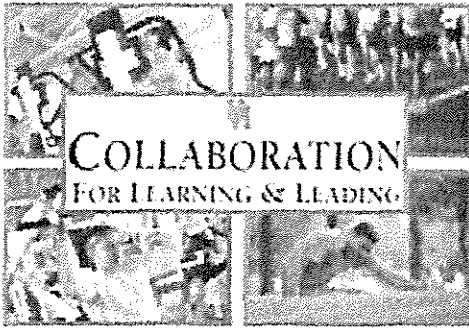
If yes, list the assignments that will be constant across sections:

[Click here to enter text.](#)

Inclusion in the core is contingent upon the course being offered and taught at least once every other academic year. Courses will be reviewed for renewal every 5 years.

The department understands that instructors will be expected to provide student work and to participate in university-wide assessments of student work. This could include, but may not be limited to, designing instruments such as rubrics, and scoring work by students in this or other courses. In addition, instructors of core courses may be asked to include brief assessment activities in their course.

Dept. Signature:



KIN 1304: Public Health Issues in Physical Activity and Obesity

Blackboard Online

INSTRUCTORS / DESIGNERS:

Dr. Whitney Breslin

Office Hours: T/TH 10am-12pm, or by appointment
Melcher 123
Use Blackboard e-mail

Text:

None

Course Description:

This course is designed to explore the public health issues associated with physical activity, obesity, and disease. It counts for your non-writing intensive social science core.

Learning Outcomes:

This course is offered in an online format, which is very different than a traditional class. You will be expected to watch online lectures and completed graded assignments on Blackboard. Upon successful completion of this course, students will:

1. Demonstrate an understanding of current health concerns in the U.S.
2. Demonstrate an understanding of how physical inactivity and obesity contribute to chronic diseases.
3. Demonstrate an understanding of strategies (exercise, nutrition, sleep, stress management) that can be used to prevent the negative consequences associated with physical inactivity and obesity.

Course Expectations:

1. This course offers you the flexibility to complete your assignments when you chose; however, such a structure requires you to take a lot of self-discipline to make sure that you do not miss deadlines.
2. If you have special learning needs, please inform me immediately.
3. If at any point during the semester you are unhappy with your performance in this class, please contact me **immediately**.
4. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

ADA Statement:

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.

Academic Dishonesty Policy (copying, plagiarism, cheating):

During the discussion process, you should treat your peers and instructors in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Discussions will be available beginning at 8:00 am and expire at 11:59 pm on the dates shown below. In order to receive full credit for each discussion, you need to make at least three substantive posts. **If you miss a discussion, NO make-up will be offered.**

Discussion Dates

- Discussion One: 9/1/12 – 9/22/12
- Discussion Two: 10/1/12 – 10/22/12
- Discussion Three: 11/1/12 – 11/26/12

Blackboard Final Exam:

The final exam for this course is cumulative and will be composed entirely of questions from previous quizzes. The exam will be completed on Blackboard. The format will be similar in style to the quiz questions. The final exam will consist of 80 questions worth 2 points each. You will be allowed **two attempts** to take the final exam. Your grade will be reported as the "highest" of your attempts. You must take the final exam by **12/19/12 at 11:59pm**. **If you fail to complete the final exam by the due date, NO make-up will be offered.**

How do I get answers to my Questions?

Dr. Breslin is here to help you succeed in this class. Due to the high enrollment in this course, it is very difficult for me to reply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning lecture material or course structure, **please post these questions in the 'General Questions' forum on Blackboard.** This will allow all students in the course to view my responses. If you have grade-related questions, you are welcome to e-mail me directly via Blackboard e-mail.

Tentative Order of Topics:

Topic	Lecture Available	Blackboard Quiz Due
Online Orientation & Syllabus	8/27/12	12/19/12*
Health Concerns of the 21 st Century	8/27/12	12/19/12*
Your Family Health History	9/3/12	12/19/12*
Stress Management	9/10/12	12/19/12*
Sleep	9/17/12	12/19/12*
Exercise and Physical Activity	9/24/12	12/19/12*
Nutrition	10/1/12	12/19/12*
Body Weight, Composition, and Obesity	10/8/12	12/19/12*
Cardiovascular Disease Risk	10/15/12	12/19/12*
Cancer	10/22/12	12/19/12*
Final Exam	12/12/12 – 12/19/12	

* You will have until 11:59 PM on 12/19/12 to complete all quizzes for this course.

Note: The following information is designed to help the class run smoothly. The instructor reserves the right to make additions and adjustments as necessary. Some of the writings, lectures, films, or presentations in this course may include material that conflicts with the core beliefs of some students. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have a concern, please discuss it with me at your earliest convenience.

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