



KINE 4331/5331: Obesity & Weight Management

Instructor: Amy Goodson, MS, RD, CSSD, LD

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Office Hours: By Appointment

Time and Place of Class Meetings: Science Hall 333, 9:30 – 10:50 am

Description of Course Content: This course is a review of the scientific literature on the causes and consequences of obesity. Topics include techniques for assessing body composition, factors promoting fat metabolism and deposition, traditional and non-traditional weight-loss programs, and adherence to weight-loss programs. Credit may not be given for both KINE 4317 AND KINE 4331. Prerequisites: KINE 3300 and KINE 3315.

Student Learning Outcomes: Students will become proficient in the Etiology, Assessment and clinical treatment of Obesity.

Requirements: [Insert special requirements such as specific and required course prerequisites, out-of-class meetings, etc. It is important to let students know if there are any attendance requirements that go beyond regular class meetings so that those with other responsibilities (family, work, other courses) can plan accordingly.]

Required Textbooks and Other Course Materials: Obesity - Etiology, Assessment, Treatment and Prevention

Descriptions of major assignments and examinations with due dates:

Exams (3): Week 8, 15 & during Final Exam week

Client Project: Week 15

Video Project: Week 13

Class Participation/Report(s): Weekly

Graduate Presentation (Graduate student only): Week 16

Course Schedule

Attendance is mandated in this class due to the “Guided-Discovery” approach that will be employed in addition to lecture throughout the semester. It is expected that students come prepared to discuss readings and assigned experiences related to this course. Due to the volume of “project type” work incorporated into the curriculum lecture time will be allotted for student work, when available.

Additional Assigned Readings will be added via Mavspace

Attendance will be recorded with the submission of 2 test questions from the current readings during each class meeting.

The Course is subdivided into 3 sections: 1) Etiology of Obesity, 2) Clinical Assessment of the Obese Patient and 3) Prevention, Treatment and Research & Clinical Reporting

August

- 25 Class introduction/orientation & project discussion
- 30 Chapter 1: Prevalence of Overweight & Obesity in the US

September

- 1 Chapter 2: Psychosocial Correlates & Consequences of Obesity
- 6 No class: Work on Project
- 8 Chapter 3: Economic Aspects of Obesity: A Managed Care Perspective
- 13 Chapter 4: Genetic Influences on Obesity
- 15 Chapter 5: Health-Related Quality of Life in Obese Individuals
- 20 No class: Work on Project
- 22 Chapter 6: Body Composition Assessment in the Obese
- 27 Chapter 7: Clinical Evaluation of the Obese Patient
- 29 Chapter 8: Dietary Intake: Recording and Analyzing

October

- 4 Chapter 9: Assessment of Physical Activity & Energy Expenditure
- 6 Exam 1 Review, questions, project discussion
- 11 **Exam 1**
- 13 Guest Speaker
- 18 Chapter 10: The Importance of Body Weight Maintenance in Successful Aging
- 20 Chapter 11: Treating & Preventing Pediatric Obesity
- 25 Chapter 12: Medical Nutrition Therapy Application
- 27 Chapter 13: Physical Activity Treatment

November

- 1 Chapter 14: Physical Activity as a Therapeutic Modality
- 3 Chapter 15: Helping Individuals Reduce Sedentary Behavior
- 8 Chapter 16: Physical Activity Promotion as a Public Health Strategy for Obesity Prevention
- 10 Chapter 17: Medication for Weight Management
- 15 Chapter 18: Future Directions in Treating Obesity
- 17 Video
- 22 No class; work on video assignment & class project
- 24 No class; Thanksgiving
- 29 Exam 2 Review, questions, project discussion
Video Assignment Due

December

- 1 **Exam 2**
Client Project Due
- 6 Special Topic Discussion & Graduate Student Presentations
- 8 Special Topic Discussion, Graduate Student Presentations & Review for Final
- 12-17 **Final exam**

Grading Policy:

Exams (3) 100 pts each = 300

Video Project = 100 pts

Client Project = 100 pts

Graduate Presentation (Graduate student only) = 50

Total = 500 or 550

A = 90%; B = 80%; C = 70%; D = 60%; F = 59% and below

Assignments:

Participation in lecture and class projects is expected.

****Schedule is subject to change to ensure all course objectives are met. Additional assignments and modifications can occur at the discretion of the instructor.****

Both undergraduates and graduate students will be required to develop a comprehensive program and Report on the progress.

Graduate students will be required to conduct a review of literature and present their findings.

Attendance Policy: Attendance is mandatory; each student will be allotted 5 unexcused absences before points will be deducted from their final grade (5% points per additional absence).

Drop Policy: Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. Contact the Financial Aid Office for more information.

Americans with Disabilities Act: The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at www.uta.edu/disability or by calling the Office for Students with Disabilities at (817) 272-3364.

Academic Integrity: It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University. According to the UT System Regents' Rule 50101, §2.2, "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts."

Student Support Services Available: The University of Texas at Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. These resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals to resources for any reason, students may contact the Maverick Resource Hotline at 817-272-6107 or visit www.uta.edu/resources for more information.

Electronic Communication Policy: The University of Texas at Arlington has adopted the University "MavMail" address as the sole official means of communication with students. MavMail is used to remind students of important deadlines, advertise events and activities, and permit the University to conduct official transactions exclusively by electronic means. For example, important information concerning registration, financial aid, payment of bills, and graduation are now sent to students through the MavMail system. All students are assigned a MavMail account. ***Students are responsible for checking their MavMail regularly.*** Information about activating and using MavMail is available at <http://www.uta.edu/oit/email/>. There is no additional charge to students for using this account, and it remains active even after they graduate from UT Arlington.

To obtain your NetID or for logon assistance, visit <https://webapps.uta.edu/oit/selfservice/>. If you are unable to resolve your issue from the Self-Service website, contact the Helpdesk at helpdesk@uta.edu.

Final Review Week: A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week *unless specified in the class syllabus*. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. Classes are held as scheduled during this week and lectures and presentations may be given.

Librarian to Contact: Helen Hough
Office: 408 Library
(817) 272-7429
Email: hough@uta.edu

Make-up Policy: Students may make up work from excused absences.

Make-up Exam Policy: You can not make-up the Final Exam

Grade Grievance Policy: Please see the online catalog for information related to undergraduate or graduate grade grievances.