

University of Central Arkansas

Kinesiology and Physical Education

KPED 4371/5371 Obesity Prevention and Management

Semester: Spring 2014

Course Instructor: Michael Gallagher, Ph.D.

Office: Farris Center 122

Phone: 501-450-5579

E-mail: gallagherm@uca.edu

Office Hours: Monday: 10:00 - 11:00 AM, 1:00 - 3:00 PM
Tuesday: 9:00 - 10:00 AM
Wednesday: 10:00 - 11:00 AM, 1:00 - 3:00 PM
Thursday: 9:00 - 10:00 AM
Friday: 10:00 AM - 12:00 PM
*or by appointment

Course CRN: 27728/27799

Course Day(s): Tuesday, Thursday

Course Time(s): 2:40 - 3:55 PM *

Course Location(s): Farris Center 200

Course Prerequisite: BIOL 1400

**Required
Textbook(s),
Readings,
and Material(s):** N/A

**Course
Description:**

The course activities, experiences, assignments, and sequence are intended to provide opportunities for students to accomplish specific competencies related to the understanding of the prevalence of overweight and obesity, dietary considerations, exercise considerations, environmental considerations, and behavioral strategy considerations. Students will examine items in this course as it pertains to the world, the United States, and in particular, the state of Arkansas.

**Course
Objectives:**

At the completion of this course, students should be able to:

1. Identify the prevalence of overweight and obesity.
2. Summarize the various chronic disease risk factors that pertain to overweight and obesity.
3. Comprehend the pathophysiology of overweight and obesity.
4. Analyze the relationship between overweight and obesity, and diabetes.
5. Identify, assess, and analyze considerations and factors that contribute to the development of overweight and obesity.
6. Develop intervention strategies for the prevention of overweight and obesity.
7. Identify and critique common myths related to the prevention and/or management of overweight and obesity.
8. Explore and evaluate the dietary, exercise, and behavioral interventions for the management of overweight and obesity.
9. Explore and evaluate the pharmacotherapy and surgical considerations for the management of overweight and obesity, and the impact on dietary and exercise interventions.

Major Assignments and Examinations:

1. Exams: there will be three exams. Exams will test your ability to integrate course content and apply it in a practical way. Exams will cover lectures, assigned reading content, and laboratory content. Response items on the exams will be multiple choice and short-answer. Exam 1 will cover trends, pathophysiology, and risk factors. Exam 2 will cover prevention strategies. Exam 3 will cover management strategies and considerations. Each exam is worth 8.3% of your final grade.
2. Service-Learning Projects: there will be two service-learning projects. The first project will assess the obesogenic environment and will entail field (outside of class time) experiences of environment evaluation, and behavioral assessments. The second project will examine your ability to work collaboratively with community organizations in the planning and operation of community based physical activity programs. This project will also entail field (outside of class time) experiences. More information on these specific projects will be discussed in class and distributed on Blackboard. Each project is worth 33% of your final grade.
3. News Story/Article Critique: there will be one article review or news story critique. This review or critique will examine the common misconceptions and myths of overweight and obesity. The rubric will be posted on Blackboard. The review/critique is worth 8.3% of your final grade.

Grading Policy:

Total Points Available: 300 points

Exams (75 total points), Projects (200 total points), Review/Critique (25 total points)

Final Grades as: A (85+%), B (75-84%), C (65-74%), D (< 65%)

Please see the accompanying course schedule for exam and project dates and Blackboard for article review/news story critique.

Attendance and Drop Policy:

You are expected to be punctual and prepared for class. It is the responsibility of the student to attend class at the regularly scheduled class meetings. As each student has unique knowledge and experiences to contribute to the learning environment, all students are expected to attend class.

Given the nature of the projects requiring attendance: students who are absent during the our days in the field will receive a deduction in points according to the following scale. Absences may be excused due to extenuating circumstances as deemed such by the instructor.

1 Absence = 5 pts

2 Absences = 5 pts (from the first absence) + 10 pts (for the second absence) = 15 pts

3+ Absences = 5 + 15 + 25 = 40 pts

Arriving late on examination days will not grant you any additional time to complete the exam.

University and Department Policies

Academic Integrity

The University of Central Arkansas affirms its commitment to academic integrity and expects all members of the university community to accept shared responsibility for maintaining academic integrity. Students in this course are subject to the provisions of the university's Academic Integrity Policy, approved by the Board of Trustees as Board Policy No. 709 on February 10, 2010, and published in the Student Handbook. Penalties for academic misconduct in this course may include a failing grade on an assignment, a failing grade in the course, or any other course-related sanction the instructor determines to be appropriate. Continued enrollment in this course affirms a student's acceptance of this university policy.

Disability Support

The University of Central Arkansas adheres to the requirements of the Americans with Disabilities Act. If you need an accommodation under this Act due to a disability, please contact the UCA Office of Disability Support Services, 450-3613.

Building Emergency Plan

An Emergency Procedures Summary (EPS) for the building in which this class is held will be discussed during the first week of this course. EPS documents for most buildings on campus are available at <http://uca.edu/mysafety/bep/>. Every student should be familiar with emergency procedures for any campus building in which he/she spends time for classes or other purposes.

Course Evaluations

Student evaluations of a course and its professor are a crucial element in helping faculty achieve excellence in the classroom and the institution in demonstrating that students are gaining knowledge. Students may evaluate courses they are taking starting on the Monday of the thirteenth week of instruction through the end of finals week by logging in to myUCA and clicking on the Evals button on the top right.

Student Policies

You are encouraged to familiarize yourselves with all policies included in the Student Handbook, particularly the following: Sexual Harassment Policy, and Academic Policies. The Student Handbook is available at <http://uca.edu/student/student-handbook/>.

Campus Closure or Course Temporary Cancellation

In the event that the UCA campus is closed for any length of time or a course is canceled for more than a day, it is the student's responsibility to check both the UCA website and myUCA for campus information, and Blackboard for all courses in which the student is enrolled. Students should check Blackboard daily during the time campus is closed or class is temporarily canceled to check for assignments and/or instructions for making up missed course time.

Additional Policies

You are strongly encouraged to take advantage of posted office hours to make an appointment to meet with me to clarify items discussed in class or to discuss issues, concerns, or problems related to the class. If you have any questions or are struggling with material in the class, please contact me as soon as possible so that I may provide some assistance. If an emergency arises, please contact me as soon as possible.

Please be respectful and courteous to your fellow classmates such as come ready to contribute/participate in the class and lab, refrain from “extracurricular” talking during class, and setting your cell phone to silent or off.

Disputes on Exams, Quizzes, and/or Assignments.

If a student disagrees with the grading of any question(s) on an exam or quiz and want to make a case for getting points back, he/she may submit a BRIEF explanation (typed) no later than one week after the exam/quiz.

Risk Assessment

This class may include some physical activity. Some minor injuries or soreness may occur due to the nature of the activity. Individuals possessing any health conditions that may affect, or be negatively affected by, physical activity should consult with the instructor before participating. It is recommended that those students consult with their physician before participating. The instructor assumes that, unless otherwise notified, all students are fit to participate. This is also a reminder that accident (or other) insurance is the responsibility of the student. While every precaution is taken (planning of activities, inspection and maintenance of equipment/facilities, safety regulations, etc.), accidents do occur when participating in physical activity. Each student is strongly encouraged to have insurance. Student insurance may be purchased through the university. This insurance is not automatically provided for the students by UCA.

Instructor/Student Interaction

All students are expected to use their UCA account and check both their email account and Blackboard regularly for class updates. A two day courtesy rule is expected to be adhered to: The instructor will not send out a class email that affects the course unless a minimum of two days (e.g., email sent Monday for class on Wednesday) will pass before the students need to respond to the request. Likewise, students are encouraged to email the instructor to set up meeting times during office hours (or by arranged times), clarify instructions, etc.; but should expect to give the instructor two days to respond to the email.

Spring 2014 Tentative Course Outline

Module	Date	Lecture	Project	
Trends, Pathophysiology, and Risk Factors	January 9			
	January 14			
	January 16			
	January 21			
	January 23			
	January 28			
	January 30			
	February 4			
	February 6		Exam 1	
Prevention Strategies	February 11			
	February 13			
	February 18			
	February 20			
	February 25			
	February 27			
	March 4			
	March 6			
	March 11			
	March 13		Exam 2	
	March 18		Spring Break	
March 20	Spring Break			
Management Strategies and Considerations	March 25			
	March 27			
	April 1			
	April 3			
	April 8			
	April 10			
	April 15			
	April 17			
	April 22			
	April 24		Exam 3	
May 1	Project Presentations (2:00 – 4:00)			

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