

Obesity: What, Why and What to Do?
NFS 063 Course Syllabus
Fall 2019
3 Credits

Instructor:



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Availability & Response Time

I am available via any of methods of communication bulleted below. I do my best to reply as quickly as I can. UVM email response time policy is to reply within 24 hours and 48 hours on weekends. I hope to reply much sooner.

- Email – see my email address above
- Office phone: 656-0668

Course Goals and Summary

The goal of NFS 063 is to develop a basic understanding of the Who, What, When, Where and Why of the obesity epidemic. My hope is also to have you all appreciate the pros and cons of various treatment and prevention options so that you can all contribute to the solution.

Prerequisites

There are no prerequisites for NFS 63.

Course Learning Objectives

Upon successful completion of this course, you will be able to:

- Read a variety of published literature on the topic of nutrition and obesity and critically identify the main points and scientific evidence behind the articles.
- Interpret graphs and charts related to obesity
- Define clinical obesity and understand its causes and consequences; both biological and environmental.

- Identify appropriate obesity treatment and prevention options.
- Identify the veracity and significance of various current news items related to obesity.

Required Readings

There is no textbook for this course but there are a number of required readings. These readings are posted on the course Blackboard website. The material from the readings will be incorporated into tests, quizzes and your discussion posts. I will never assign more than six readings per class, and they are not that long. This is college, I want you to feel educated about this topic, and readings help achieve that goal. Some readings are from scientific journal articles, and will be heavily annotated by me during the first section of the course, as you learn to get through this type of reading. If this is your first time reading a journal article, start with the abstract, it's a succinct summary of what the article says. Then read the introduction section of the article. For this class you will mostly be able to skim through the methods and results sections, as they are often written in technical language. If the article is especially interesting to you, you may want to read these sections more carefully. Finally, pay special attention to the discussion section of the article. The discussion section summarizes the major findings of a study, and most of the information you'll be held responsible for can be found in this section. Ask yourself what the main conclusion of the study was, who the conclusion applies to, and what effect the results of the study will have in the real world, i.e. how can the results be applied?

Online Lecture Release Day: Friday

This means that our online weeks run from Friday through the following Thursday each week.

Grading

For additional details regarding each of these assessments refer to the [Assignment Details](#) link on the course menu.

| Learning Outcomes | Assessment Tool | Assessment Points |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| Through assigned readings, audio lectures, online discussions, and assessment of your personal nutrition needs you will be able to: <ol style="list-style-type: none"> 1. Students will be able to read a variety of published literature on the topic of nutrition and critically identify the main points and scientific evidence behind the articles. 2. Students will interpret graphs and charts related to obesity. 3. Students will define clinical obesity and understand the complexity of its causes and consequences; both biological, cultural, social and environmental. 4. Students will identify appropriate obesity treatment and prevention options that are culturally relevant and broadly acceptable. 5. Students will appreciate the individual nature of obesity causes, consequences and cures 6. Identify the significance of various current news items related to obesity | You will demonstrate your learning through the following means <ul style="list-style-type: none"> • Participation and contribution to discussion x 13 (35 points each) + your Introduction post (25 points) • Knowledge Checks x 5 (25 points each) • Reading Reflections x 5 (25 points each) • Exams x 3 (100 points each) | 480 125 125 300 |
| | Total Points | 1030 |

Below is a brief overview of each assessment component for the class. There are a variety of types of assessments that are woven throughout this course. Below is some general information about each of the assessment types.

Weekly Participation and Contribution to Discussion:

There are fourteen discussions that take place over the semester. It is expected that you participate and contribute to at least **THIRTEEN of the FOURTEEN**. Please think about the difference between participation and contribution. According to Gioia (1987), **participation** connotes involvement, sharing and simply taking part. . .” **Contribution**, on the other hand, implies much more, including “. . . intellectual involvement and sharing of knowledge and knowledge construction.” (p. 16).

Contributing to the discussion may be in many forms, some of which may include -

1. provide recapitulations and summaries;
2. make observations that integrate concepts and discussions;
3. cite relevant personal examples;
4. ask key questions that lead to revealing discussions;
5. engage in devil’s advocacy; and
6. disagree with the instructor in ways that promote further exploration of the issue. (p. 17)

Gioia, D. A. (1987). Contribution! Not participation in the OB classroom. *Journal of Management Education*, 11, 15-19.

All discussions, regardless of their theme, will be completed in **Yellowdig**. Details on how this system works can be found in your Assignment Details document.

Knowledge Checks:

There are 5, brief 5 question Knowledge Check Quiz’s to show that you can apply the information you are learning. Each KC is worth 25 points. The Knowledge Check Quiz will become available on **Thursdays at 7am** and will be due on **Friday by 12 am**. You will have 20 minutes to complete each one.

Obesity in the News:

Obesity is in the news DAILY! The purpose of the *Obesity in the News* assignment is to have you apply some of the information you will learn regarding how to identify fact from fiction when obesity is in the news. Please see the assignment details link on the course menu for more details and guidelines related to this assignment.

Exams:

There are three exams in this class. You will have 75 minutes to take each exam. The last exam is *non-cumulative*. All the exams are worth 100 points and will have a mixture of True/False and multiple choice items. The exams are not collaborative. You must work on your own when taking the exams for this class. If you wish to dispute or question your grade, you must do this within one week from the exam due date. You may do this by writing up a short explanation of why you believe your answer was correct and email it to me.

The final grade cut-offs are as follows:

| | |
|----|-----------|
| A+ | ≥ 98.0 |
| A | 93.0-97.9 |
| A- | 92.9-90.0 |
| B+ | 89.9-88.0 |
| B | 87.9-83.0 |
| B- | 82.9-80.0 |
| C+ | 79.9-78.0 |
| C | 77.9-73.0 |
| C- | 72.9-70.0 |
| D+ | 69.9-68.0 |
| D | 67.9-63.0 |
| D- | 62.9-60.0 |

Other Important Information!!

Please pay particular attention to your schedule and when assignments are due. If you start an assignment at 8:55 pm and your internet connection (or Blackboard) hiccups, you will miss the deadline. If you are traveling and Aunt Sally's wireless connection is not stellar, you may miss your deadlines if you wait until the last minute to post. **ANTICIPATE PROBLEMS.** *Note there is a **10 point per day** penalty for late assignments regardless of why they were late.* If you have technical trouble posting your assignments, send me a screen shot of the error and contact the UVM Tech Team (see below) for assistance.

You should also be checking your grades often. At least weekly. If you don't check anything until week 5 and notice you have no grades for assignments for weeks 2 and 3, you will have missed your chance to do the assignments for weeks 2 and 3. If your grade is in dispute, you **MUST** tell me the week it was due. Not three weeks later.

Finally, you have the chance to earn 1005 points in this course. That's a lot of points. There is no opportunity for extra credit. If you do your assignments on time, you should do fine in this class. If you are concerned about your grade, let me know **DURING** the course while something can still be done about it.

Tips for Success in NFS 63

Students find it helpful to do the readings *before* listening to the audio lectures. It is also useful to print out the slides that I have provided in PDF handout format so you can take notes as you listen to the audio lectures. Be sure to note any information that was confusing or areas where you need more explanation. You can then ask by email or attend the exam review sessions. It's helpful to leave space in your notes for this purpose.

Technical Support for your UVM Online Course

If you run into any technical problems, at any time, please contact the UVM Tech Team staff. I've provided a link below that provides numerous ways to get technical support. <http://www.uvm.edu/techteam/contact/>.

Online Course Netiquette

Even though this is an online course and we will not see or meet each other in person, on the other end of our computer screens are real-people with real hearts and feelings. It is expected that we will all be considerate and respectful. The golden rule of netiquette is essentially to treat people as you would want to be treated. If something upsets you or if there is any conflict, please let me know via personal email in the course.

Other Important Information

Student Learning Accommodations

In keeping with University policy, any student with a documented disability interested in accommodations should contact ACCESS, the office of Disability Services on campus. ACCESS works with students to create reasonable and appropriate accommodations via an accommodation letter to their professors as early as possible each semester.

Contact ACCESS: A170 Living/Learning Center; 802-656-7753; access@uvm.edu; www.uvm.edu/access

UVM's policy on disability certification and student support: www.uvm.edu/~uvmppg/ppg/student/disability.pdf

Religious Holidays

Students have the right to practice the religion of their choice. If you need to miss class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time.

Academic Integrity

The policy addresses plagiarism, fabrication, collusion, and cheating.

www.uvm.edu/~uvmppg/ppg/student/acadintegrity.pdf

Grade Appeals

If you would like to contest a grade, please follow the procedures outlined in this policy:

www.uvm.edu/~uvmppg/ppg/student/gradeappeals.pdf

University Grading Policy

For information on grading and GPA calculation, go to www.uvm.edu/academics/catalogue and click on Policies for an A-Z listing.

Code of Student Rights and Responsibilities

www.uvm.edu/~uvmppg/ppg/student/studentcode.pdf

FERPA Rights Disclosure

The purpose of this policy is to communicate the rights of students regarding access to, and privacy of their student educational records as provided for in the Family Educational Rights and Privacy Act (FERPA) of 1974.

<http://www.uvm.edu/~uvmppg/ppg/student/ferpa.pdf>

Final exam policy

The University final exam policy outlines expectations during final exams and explains timing and process of examination period. www.uvm.edu/academics/catalogue2010-11/?Page=allpolicies.php&SM=policymenu.html&policy=Examinations