

**FLORIDA ATLANTIC UNIVERSITY
COURSE SYLLABUS**

GENERAL INFORMATION

Course number: HSC 4139
Online
Blackboard Learning System

Term: SUMMER 2009 May 11, 2009– August 4, 2009
Course title: Weight Management

INSTRUCTOR INFORMATION

Instructor name: Heather C. LaJoie, Ph.D.
Instructor office hours: By Appointment
Instructor telephone: (561) 297-3752 (secretary)
Department fax: ()
Instructor e-mail address: hlajoie@fau.edu

Course Description

Course examines the different aspects of weight management. Weight loss and weight gain methods are discussed and insight is provided into the healthy approach of weight loss and weight gain. A variety of commercial diets are explored and critiqued.

Prerequisite: HSC 3102 Perspectives in Health and Wellness or by special permission from the instructor.

Required Text: There is no required text for this class.

Course Objectives

1. Recognize pros and cons of commercial diets.
2. Describe components of energy metabolism.
3. Define and describe body composition methods.
4. Discuss psychological aspects of weight loss, weight gain, and eating disorders.
5. Discuss health risks related to obesity.
6. Discuss in detail what to look for in a commercial diet.
7. Discuss effective treatment therapy for weight loss.
8. Explain caloric intake and caloric expenditure process.
9. List activities most conducive to weight gain and weight loss.
10. Discuss dietary supplementation.

Additional Course Information

Assignments

Compare and Contrast Project: This assignment requires you to compare and contrast two methods of weight management. (30 points)

Activities and Assignments: Several activities/assignments will be assigned throughout the semester to encourage exploration of ideas and thoughts on several current issues and topics.

Discussion Board: Discussion questions will be posted to the chapters to foster class participation. Everyone is expected to comment and respond to these discussion postings. Failure to participate in the discussion will result in a 20 point penalty.

Late Assignment Policy

Assignments/Discussions will not be accepted late. Assignments will only be graded if turned in on time. Assignment and discussion board due dates can be found in the course outline located in the course syllabus.

Exams

There will be a midterm and a final exam. Both of these exams are timed, exceeding the time limit will result in a 25 point deduction. It is recommended that exams be taken from a computer that is on campus or does not have a dial up connection.

Midterm and final examination schedule

MIDTERM.....June 17, 2009
FINAL.....July 29, 2009
(*The midterm and Final Exam must be complete by 11:00 pm)

Evaluation Criteria

Students will be graded on their performance on the following:

Compare and Contrast Project	30 points
Assignments	170 points
Midterm.....	100 points
Final	100 points
Total	400 points

Grading Scale:

A = 93.0 - 100%	A- = 90.0 - 92.99%		
B+ = 87.0 - 89.99%	B = 83.0 - 86.99%	B- = 80.0 - 82.99%	
C+ = 77.0 - 79.99%	C = 73.0 - 76.99%	C- = 70.0 - 72.99%	
D+ = 67.0 - 69.99%	D = 63.0 - 66.99%	D- = 60.0 - 62.99%	F= below 59%

COLLEGE POLICIES

Academic Dishonesty

Plagiarism or cheating on any assignment or exam will result in a failing grade on the assignment or exam or possibly even the course. Appropriate university guidelines will be followed for disciplinary action.

Attendance

There is no specific class meeting time. This will allow everyone to have a little freedom to work on this class within your own schedule. You should dedicate about 6-10 hours per week on this class.

Turn it In

"Students agree that by taking this course all required papers may be subject to submission for textual similarity review to Turnitin.com for the detection of plagiarism. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Terms and Conditions of Use posted on the Turnitin.com site."

Discussion Board Etiquette

Students will demonstrate respect for instructors and fellow students. Everyone should have an opinion and you should not criticize someone. Inappropriate or unprofessional language will not be tolerated. Ten points will be deducted from one's final grade for each offense. Remember, the entire class along with the instructor views the discussion board.

Honor Code

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

Disability Support Services

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton – SU133 (561-297-3880), in Davie – MOD 1 (954-236-1222), in Jupiter – SR117 (561-799-8585), or at the Treasure Coast – CO128 (772-873-3305), and follow all OSD procedures.

Blackboard Information

LOG-IN: Your username is the first initial of your first name followed by the first three letters of your last name followed by the last four digits of your SS# (ALL IN CAPS). Your password is the first four digits of your social security number.

NOTE: You will have access to the online course web page on Blackboard during the first week of classes if you have registered for the course prior to the first day of class. There will be periodic updates to the online course roster during the add/drop period for additional registrants.

Upon logging in to Blackboard, please check to see your **email address** for Blackboard. If no existing address was on file for you when you registered, your FAU email address will be listed by default regardless of whether or not this is an active email account--if that is the case, any messages sent to you through Blackboard will be undeliverable. It is your responsibility to make sure that the email address listed for you in Blackboard is correct.

Here are the instructions for you to change (or view) your email address in Blackboard:

- Enter the course you are taking on Blackboard and click on "TOOLS" on the lower left side of the screen
- Click on "personal information" then "edit personal information"
- Enter your email address in the "email" field then click "submit" at the bottom when you are done

If any of you are **AOL subscribers** who are having problems logging into Blackboard from home, please follow these instructions:

Blackboard does not support America Online's web browser. If you are using AOL as your internet service provider, you will need to download and install **Microsoft Internet Explorer (IE) 5.5** or Netscape 4.77 (Internet Explorer is the preferred internet browser when using Blackboard). You should use IE or Netscape to access the Blackboard course site after connecting to the internet via AOL. Once you are connected to the internet, minimize the AOL browser screen and then click on the Internet Explorer icon or Netscape to open Internet Explorer or Netscape as your browser. To download Internet Explorer go to <http://www.microsoft.com/downloads> and then select the latest version of IE and specify which operating system you are using, for example: Windows 98. To download Netscape, go to: <http://home.netscape.com/download>

Technical Problems

Students may click on the “?” (Help) icon at the top of their screen. This will open up the FAU Blackboard Support page which will allow them to search the FAU Blackboard Knowledge Base for answers to common questions and problems or submit their own help ticket if they don't find the answer that they are looking for.

Assignment Manager

Assignments will be turned in using the Assignment Manager. **Be sure to identify which assignment it is and who submitted it. For example, (jdoepaper1.doc).** After writing the paper or otherwise completing the Assignment, a student clicks on the “View/Complete” button to upload their work, then later to submit their work. Students may send comments to the instructor via the comment box.

Tentative outline					
Week of:	Topic	Chapter	Discussion	Assignment	Due
Monday May 11	Overview Weight Management	1	Discussion 1	Dimensions of Health	May 13, 5:00pm
Monday May 18	Physiology and Metabolic Rate	2	Discussion 2	BMR	May 20, 5:00pm
Monday May 25	Nutrition Body Composition	3 4	Discussion 3 & 4	Dietary Guidelines Eating Quotient	May 27, 5:00pm
Monday June 1	Causes of Obesity Diseases Linked to Obesity	5 6	Discussion 5 & 6	Surgeon Genera Diet Analysis	June 3, 5:00pm
Monday June 8	Activities, Rewards, and Food Diaries Behavior Modification	7 8	Discussion 7	Food Diary	June 10, 5:00 pm
Monday June 15	MIDTERM				June. 17, 5:00pm
Monday June 22	Rating Diets	9	Discussion 8	Diet Rating	June 24, 5:00pm
Monday June 29	Aggressive Treatments	10	Discussion 9	Intensity	July 1, 5:00pm
Monday July 6	Children and Obesity	11	N/A	Children & Obesity Grocery Store Tour	July 8, 5:00pm
Monday July 13	Smoking and Weight Gain Weight Loss Myths	12 13	N/A	Compare and Contrast	July 15, 5:00pm
Monday July 20	Kidnetic Vegetarian Diet and Food Additives	14	Discussion 10	Obesity Trends Vegetarian Diets	July 22, 5:00pm
Monday July 27	FINAL EXAM	N/A	N/A	N/A	July 29, 11:00 pm

Tips for Success

- ❖ Be sure to read the chapter power point presentations for the topic assigned each week. You can find which topic and chapter that will be covered in the tentative schedule above. This will keep you on task and able to keep up with the material that is covered.
- ❖ Turn in assignments. Assignments are not taken after the due date. Refer to the chart above for lesson plan and activities/assignment due dates.
- ❖ Do not miss the online assessments. Any student who does not take an assessment during the scheduled availability dates, will receive a 0 with no makeup.
- ❖ Participate in the discussion board each week. Failure to do so results in a twenty-point penalty.
- ❖ Take advantage of any extra credit assignments given. Throughout the semester there may be several extra credit opportunities that are available to the class.

Additional References

American Dietetic Association	www.eatright.org
Center for Disease Control	www.cdc.gov
Healthy People 2010	www.healthypeople.gov
Kidnetic	www.kidnetic.com
Surgeon General	www.surgeongeneral.gov
USDA	www.nalusda.gov