



## **NSC 311: A Systems Approach to Obesity Prevention (3 units)**

**Online**

### **Description of Course**

The goal of this course is to present a systems approach to obesity prevention – i.e. understanding the complex task of trying to change the way people eat, move and live, and sustaining those changes over time. Students will learn causes and correlates of diet, physical activity and obesity, data and methods related to the assessment of obesity, the health and financial consequences of the obesity epidemic, and will gain insights into obesity prevention, participate in class discussions and debates and engage in experiential activities that will reinforce learning.

### **Course Prerequisites**

NSC 101 or 170C1

### **Instructor and Contact Information**

Kayle Skorupski, MS, RDN-AP, CSG, CNSC – Assistant Professor of Practice

Office: Shantz 601

Phone Number: 520-621-1396

Email: [kayleskorupski@email.arizona.edu](mailto:kayleskorupski@email.arizona.edu)

Office Hours: "Open Door" office hours via VoiceThread, or 1:1 office hours by appointment (in person, via phone or ZOOM).

### **Course Format and Teaching Methods**

This online course utilizes D2L, VoiceThread, Panopto, PlayPosit and ZOOM.

### **Course Objectives**

Upon completion of this course, students will be able to:

1. Build foundational knowledge of obesity determinants through a combination of basic and applied learning modules and through class discussions.
2. Classify the causes and correlates of diet, physical activity and obesity.
3. Assess and evaluate scientific articles through completing module reading assignments.
4. Compose scientific writing through completion of activity assignments, midterm essay and final research paper and presentation.
5. Compare data and methods related to the assessment of obesity.
6. Evaluate personal risk for obesity and chronic diseases through completion of activity assignments.
7. Formulate a research question and design a research project proposal on a topic related to obesity prevention.
8. Evaluate the challenges of obesity prevention and treatment.
9. Assess policies that may inadvertently promote, or intend to prevent obesity.
10. Understand the health and financial consequences of the obesity epidemic.
11. Design of presentation regarding research project proposal using online technologies and learning tools.

## Expected Learning Outcomes

1. Effectively communicate diet and nutrition information/knowledge to diverse populations.
2. Apply scientific evidence, best practices, and professional judgement when evaluating food- and nutrition-related problems.
3. Utilize multi-media resources to promote evidence-based nutrition information.
4. Utilize food science and culinary principles in food preparation to recognize how food knowledge can improve nutritional status.

## Absence and Class Participation Policy

The UA's policy concerning Class Attendance, Participation, and Administrative Drops is available at: <http://catalog.arizona.edu/policy/class-attendance-participation-and-administrative-drop>

The UA policy regarding absences for any sincerely held religious belief, observance or practice will be accommodated where reasonable, <http://policy.arizona.edu/human-resources/religious-accommodation-policy>.

Absences pre-approved by the UA Dean of Students (or Dean Designee) will be honored. See: <https://deanofstudents.arizona.edu/absences>

Participating in the course is vital to the learning process. Lack of course participation may affect a student's final course grade. If you are unable to participate in class online activities, please contact me as soon as possible. *To request a disability-related accommodation to this attendance policy, please contact the Disability Resource Center at (520) 621-3268 or [drc-info@email.arizona.edu](mailto:drc-info@email.arizona.edu).* If you are experiencing unexpected barriers to your success in your courses, the Dean of Students Office is a central support resource for all students and may be helpful - call 520-621-7057.

## Makeup Policy for Students Who Register Late

If you joined the course after the start date, please email me to discuss possibilities to make up missed assignments.

## Course Communications

As this is an online course, the majority of our communication will be via D2L announcements and emails. My goal is to respond to emails within 24 hours M-F. Any emails sent Friday evening will likely not receive replies until Monday morning. It is important to sign into the D2L site multiple times per week, to stay engaged and to be sure to meet all required participation requirements and assignment deadlines.

## Required Texts or Readings

Selected readings will be assigned for each module and will be available via D2L. Please see the course schedule below, or refer to D2L to access the readings.

This course will require you to find your own resources for assignments and papers. Here are some resource websites that you might find helpful:

University of Arizona Library: <http://www.library.arizona.edu>

PubMed: <http://www.ncbi.nlm.nih.gov/pubmed>

Cochrane Review: <http://www.cochrane.org>

Obesity Prevention Source: <http://www.hsph.harvard.edu/obesity-prevention-source/>

Obesity in America: <http://www.publichealth.org/public-awareness/obesity/>

World Health Organization: <http://www.who.int/topics/obesity/en/>

Academy of Nutrition and Dietetics: <http://www.eatright.org>

## Required or Special Materials

This course requires the use of a webcam and headset (with microphone) for VoiceThread discussions, debate assignment, office hours and the final presentation.

## Assignments and Examinations: Schedule/Due Dates

Module	Dates	Readings/Videos	Assignment Due Dates
1 – Obesity from a Global Perspective	January 9 <sup>th</sup> – 22 <sup>nd</sup>	<u>Readings:</u> Syllabus Obesity Rates Will Soar Cost of Obesity Patchy Progress on Obesity Prevention <u>Videos:</u> Module 1 Intro Overweight World (PlayPosit) How to Read an Academic Paper How to comment on VoiceThread How to add a slide to VoiceThread	Request Access to Adobe Creative Cloud – ASAP! Discussion Post = 1/14 Discussion Comments = 1/17 Discussion Replies = 1/22 Syllabus Contract Quiz = 1/22 Journal Entry = 1/ PlayPosit Quiz = 1/22
2 – Biology of Obesity	January 22 <sup>nd</sup> – February 4	<u>Readings:</u> Contemporary methods of body composition measurement Adipocyte lineage Brown adipocyte tissue <u>Videos:</u> Module 2 Intro Hunger and Obesity (PlayPosit)	Discussion post = 1/28 Discussion comments = 2/1 Discussion replies = 2/4 Journal Entry = 2/4 PlayPosit Quiz = 2/4 Activity Assignment 1 = 2/4
3 – Determinants of Obesity	February 5 <sup>th</sup> – 11 <sup>th</sup>	<u>Readings:</u> Risk factors for overweight and obesity Early life nutrition, epigenetics and programming of later life disease <u>Videos:</u> Module 3 Intro Risk Factors for Childhood Obesity (PlayPosit)	Discussion post = 2/6 Discussion comments = 2/8 Discussion replies = 2/11 Midterm Essay Outline = 2/11 Journal entry = 2/11 PlayPosit Quiz = 2/11
4 – Obesity and the Built Environment	February 12 <sup>th</sup> – 25 <sup>th</sup>	<u>Readings:</u> Smart food policies for obesity prevention Does inadequate sleep play a role in vulnerability to obesity? Does food marketing need to make us fat? <u>Videos:</u> Module 4 Intro Social Determinants of Health How Sleep Affects Weight Marketing Food to Children (PlayPosit)	Discussion post due = 2/18 Discussion comments = 2/22 Discussion replies = 2/25 Journal entry = 2/25 PlayPosit Quiz = 2/25 Activity Assignment 2 = 2/25 Midterm Essay Rough Draft = 2/25
5 – Obesity and the Social Environment	February 26 <sup>th</sup> – March 18 <sup>th</sup> (Spring Break March )	<u>Readings:</u> Social Jetlag #Foodporn <u>Videos:</u> Module 5 Intro Social Jet Lag is Killing Your Sleep! (PlayPosit)	Debate Position statement = 3/11 Debate comment on opposing side = 3/15 Debate rebuttal/final statement = 3/18 Journal entry = 3/18 PlayPosit Quiz = 3/18 Midterm Essay = 3/18

<b>Module</b>	<b>Dates</b>	<b>Readings/Videos</b>	<b>Assignment Due Dates</b>
6 – Obesity as a Function of Economics	March 19 <sup>th</sup> – 25 <sup>th</sup>	<u>Readings:</u> Economics of Obesity Lifetime Direct Medical Costs of Childhood Obesity <u>Videos:</u> Module 6 Intro Does a Soda Tax Really Help Fight Obesity? (PlayPosit)	Discussion post = 3/20 Discussion comment = 3/22 Discussion replies = 3/25 Research Proposal Topic = 3/25 Journal Entry = 3/25 PlayPosit Quiz = 3/25
7 – Multilevel Interventions to Prevent Obesity	March 26 <sup>th</sup> – April 8 <sup>th</sup>	<u>Readings:</u> Sedentary behaviors in today’s youth Dietary Diversity School-based obesity prevention programs <u>Videos:</u> Module 7 Intro Whole Systems Approach to Obesity (PlayPosit)	Discussion post = 3/29 Discussion comment = 4/1 Discussion replies = 4/8 Journal Entry = 4/8 Research Proposal Outline =4/8 PlayPosit Quiz = 4/8
8 – Capacity for Building Systems Research and Action: Public-Private Partnership, Government & Policy, Workforce Training	April 9 <sup>th</sup> – May 1 <sup>st</sup>	<u>Readings:</u> Profits and pandemics An evaluation framework for obesity prevention policy interventions Impact of policy and built environment changes on obesity-related outcomes Strengthening of accountability systems to create health food environments and reduce global obesity Cost-effectiveness of a workplace-based incentivized weight loss program Promoting public health in the context of the “obesity epidemic” Our choice/nuestra opcion <u>Videos:</u> Module 8 Intro Extraordinary Workplace Wellness Programs (PlayPosit)	Discussion post = 4/15 Discussion comments = 4/19 Discussion replies = 4/22 PlayPosit Quiz = 4/22 Research Proposal Presentation = 4/29 Peer Evaluations = 5/1 Journal entry = 5/1

**Signed syllabus contract quiz:** Agreement via the quizzes section in D2L that you have read the syllabus and agree to follow its contents throughout the course.

**VoiceThread Discussions:** Class discussions via VoiceThread. A topic for the discussion will be introduced. You will have to post your original thoughts by certain date, reply to at least 2 classmates, and reply to any comments on your post by the end of the discussion to earn full points. (Objectives 8,9, 10)

**Journal Entries:** Reflective journal posts (accessible via the Discussions section in D2L) are due for each of the 8 modules in the course. This is your opportunity to discuss the readings (something you didn’t understand, something that jars you), formulate questions about the readings and attempt to answer the questions, bring up discussion topics/comments that struck a chord or made you think. Thoughtful journal posts, 500 words or less, grade will reflect spelling/grammar. (Objectives 1, 3 ,8, 9, 10)

**Quizzes:** Via PlayPosIt videos. You will answer questions based on readings and videos for each module of the course. (Objectives 1, 10)

**Activity Assignments:** Activity 1 – Are you at risk? And Activity 2 – How Obesogenic is Your home? These are hands on activities to determine your body composition assessment and disease risk and to evaluate the built environment of your neighborhood. (Objectives 1,5,6)

**Midterm Essay:** How much should obesity be attributed to personal responsibility versus socioenvironmental factors? (Objective 4)

**VoiceThread Debate:** You will be assigned a stance to defend in the class debate (Personal responsibility for obesity or socioenvironmental factor impact for obesity). (Objective 2)

**Research Proposal Presentation:** You will develop a research proposal regarding a type of potential research that you could do to prevent obesity in your community. Using VoiceThread you will present your research proposal to the class. This assignment will be broken down to four components: topic proposal, presentation outline, presentation and peer review. (Objectives 4, 7, 10, 11)

## Final Examination or Project

**This course does not include a final examination. The final project which includes a presentation and peer evaluation that makes up 15% of the final grade in the course.**

## Grading Scale and Policies

Syllabus Contract Quiz =	10 points
VoiceThread Discussion (7 x 15 points) =	105 points
Journal Entries (8 x 10 points) =	80 points
PlayPosit Quizzes (8 x 15 points) =	120 points
Activity Assignments (2 x 50 points) =	100 points
Midterm Essay Outline =	25 points
Midterm Essay Rough Draft =	25 points
Midterm Essay =	50 points
VoiceThread Debate =	30 points
Research Proposal Topic =	10 points
Research Proposal Presentation Outline =	20 points
Research Proposal Presentation =	50 points
Peer Evaluations =	20 points
Total =	645 points

**A = 580+ points**

**B = 516+ points**

**C = 451+ points**

**D = 387+ points**

**E = less than 387**

**Late Work** is not accepted in this course. If you foresee an issue with submitting an assignment on time, please contact the instructor ASAP to discuss options. There will not be opportunities for participating in discussions/debates past the assignment deadlines.

**Requests for incomplete (I) or withdrawal (W)** must be made in accordance with University policies, which are available at <http://catalog.arizona.edu/policy/grades-and-grading-system#incomplete> and <http://catalog.arizona.edu/policy/grades-and-grading-system#Withdrawal> respectively.

**Dispute of Grade Policy** contact the instructor within two weeks of the assignment being graded in order to dispute a grade.

## Honors Credit

Students wishing to contract this course for Honors Credit should email me to set up an appointment to discuss the terms of the contract. Information on Honors Contracts can be found at <https://www.honors.arizona.edu/honors-contracts>.

## **Classroom Behavior Policy**

To foster a positive learning environment, students and instructors have a shared responsibility. We want a safe, welcoming, and inclusive environment where all of us feel comfortable with each other and where we can challenge ourselves to succeed.

## **Threatening Behavior Policy**

The UA Threatening Behavior by Students Policy prohibits threats of physical harm to any member of the University community, including to oneself. See <http://policy.arizona.edu/education-and-student-affairs/threatening-behavior-students>.

## **Accessibility and Accommodations**

At the University of Arizona we strive to make learning experiences as accessible as possible. If you anticipate or experience barriers based on disability or pregnancy, please contact the Disability Resource Center (520-621-3268, <https://drc.arizona.edu>) to establish reasonable accommodations.

## **Code of Academic Integrity**

Students are encouraged to share intellectual views and discuss freely the principles and applications of course materials. However, graded work/exercises must be the product of independent effort unless otherwise instructed. Students are expected to adhere to the UA Code of Academic Integrity as described in the UA General Catalog. See: <http://deanofstudents.arizona.edu/academic-integrity/students/academic-integrity>.

The University Libraries have some excellent tips for avoiding plagiarism, available at <http://new.library.arizona.edu/research/citing/plagiarism>.

*Selling class notes and/or other course materials to other students or to a third party for resale is not permitted without the instructor's express written consent.* Violations to this and other course rules are subject to the Code of Academic Integrity and may result in course sanctions. Additionally, students who use D2L or UA e-mail to sell or buy these copyrighted materials are subject to Code of Conduct Violations for misuse of student e-mail addresses. This conduct may also constitute copyright infringement.

## **UA Nondiscrimination and Anti-harassment Policy**

The University is committed to creating and maintaining an environment free of discrimination; see <http://policy.arizona.edu/human-resources/nondiscrimination-and-anti-harassment-policy>

Our classroom is a place where everyone is encouraged to express well-formed opinions and their reasons for those opinions. We also want to create a tolerant and open environment where such opinions can be expressed without resorting to bullying or discrimination of others.

## **Additional Resources for Students**

UA Academic policies and procedures are available at <http://catalog.arizona.edu/policies>

Student Assistance and Advocacy information is available at <http://deanofstudents.arizona.edu/student-assistance/students/student-assistance>

## **Confidentiality of Student Records**

<http://www.registrar.arizona.edu/personal-information/family-educational-rights-and-privacy-act-1974-ferpa?topic=ferpa>

## **Subject to Change Statement**

Information contained in the course syllabus, other than the grade and absence policy, may be subject to change with advance notice, as deemed appropriate by the instructor.