

SYLLABUS

Issues of Health and Society: Weighing In

AUCX 190

Spring 2006

Instructors:

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Office Hours: MW 1:30-3 pm Office hours: MW 11:30-12:15 pm

By appointment W 2:30-3:30 pm

Consultants and guest instructors: Dr. Betsey Smith, Associate Dean,
College of Education,

Nursing and Health Professions

Dr. Mala Matacin, Associate Professor of Psychology

Dr. Franciene Lehmann, Educational Psychology

Time/Room: TTH; 1:50-3:00 pm, Dana 202 (Mali II)
Labs: T or TH; 9:20-11:50 am, BC 166

Course Description:

This integrative course in the sciences is a multidisciplinary exploration of one the more pressing current issues of health and society, obesity. It reviews basic energy consumption, utilization and storage as well as the biological, historical, social, psychological and health issues related to obesity and its treatment. The economic impact of obesity on health care, employment, travel, and the diet and food industries will also be examined. Students will gain an overall perspective on the impact that body mass has on society.

Text and Assignments:

Nutrition, Exercise and Behavior: An Integrated Approach to Weight Management.

Liane M. Summerfield, Wadsworth Publishing, 2001.

The text will serve as a resource and must be read prior to lecture. Other readings will be assigned and posted on Blackboard.

Lecture:

Class participation is central to the success of this course. Attendance will be taken and is mandatory to pass this course. Short answer and essay questions will be assigned weekly but answers will only be accepted from students who have attended class. Therefore missing class means missing assignments.

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Laboratory:

Laboratory responsibilities, expectations and grading of each lab will be discussed at each laboratory. There are no make-up labs. Attendance at laboratory is mandatory to pass this course. Missing 3 labs or more will result in a non-passing grade.

Make-a-Difference Project:

The Make-a-Difference project will constitute a semester long project where each student will each adopt a "subject" from the University of Hartford Magnet School. The class will collect and analyze the data (including BMI, age, gender, race) from all 3rd-5th grade students at the Magnet School. All students in those grades will be asked to complete food and activity surveys over a 4 day period. The most complete surveys will be used as "subjects". Each student will then work with the data from their subject to examine diet, physical activity, caloric input and output and then make assessments and general recommendations based on "best practices". In collaboration with the school nurse, physical education teacher and visiting doctor student reports will be "screened" and then

shared with the families to help make-a-difference in the families' lives. This project will be discussed and implemented in the first few weeks of class and will culminate in project presentations to all students and interested families at the Magnet School at the end of the semester.

Grading Policy:

Class/homework assignments: 35%

Laboratory: 35%

Make-a-Difference Project: 30%

Academic Honesty:

Students are expected to conform to the Academic Honesty Policy outlined in The Source Graduate and Undergraduate Student Handbook. Cheating (including plagiarism) on any assignment (as outlined when the work is assigned) will not be tolerated. A first offense will result in an F on the work involved. A second offense will result in failure of the course as well as notification of the student's advisor and academic program director.

Syllabus schedule subject to change:

We have structured this schedule to try and optimize your preparedness for the Make-a-Difference project. However, due to the potential for conflicts in instructors' schedules and the schedules of our Magnet school collaborators over the course of the semester any portion of this syllabus (including grading percentages) is subject to change.

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Tentative Lecture Schedule Instructor Chap
Jan 24 Introduction, SuperSize Me Team 1
26 Obesity in the News Cloutier

31 Biology Basics (atoms, molecules, cells) Cloutier 4
Feb 2 Biology Basics (tissues, systems) Cloutier 5

7 Basic nutrition (vitamins, minerals) Cloutier 5
9 Digestion and metabolism Cloutier 5

14 Metabolism ñ energy storage Cloutier
16 Cloutier

21 Energy intake vs utilization Harney 6
23 Endocrinology of eating Harney 7

28 Endocrinology of eating Harney 7
Mar 2 Diseases, diabetes, systems Harney 1

7 Treatment ñ Physical Activity Basics Certo 8
9 Physical Activity & Health Management Certo 9

14 Psychology of eating Matacin 2
16 Body Image and Eating Disorders Matacin 2

28 Review, Diabetes, Hypertension Harney
30 Review, Lipoproteins, Project Cloutier

Apr 4 Behavioral approaches to Weight Management Matacin 10
6 ì î Matacin 10

11 Psychological effects of treatment Matacin 11
13 Bariatric Surgery Lehmann 11

18 Sociology–employment, promotion Smith
20 ï ï Smith
25 Prevention Harney 12
27 Issues of the State of CT Harney 12

May 2 CT Childrenís Medical Center/T.E.A.M. Dalidowitz
4 Costs of Obesity Smith

9 The future Harney

Tentative Laboratory Schedule

Jan 31, Feb 2. On–line research (Woods Family Center)
Feb 7 & 9. Nutrition–Lab (portion control)
Feb 14 & 16. Nutrition Lab (diet/nutrient analysis)
Feb 21 & 23. Anthropometrics (Chapter 3, Appendix A)
Feb 28, Mar 2 Make–a–Difference Project Outline
Mar 7 & 9 Magnet School Data Analyses

Mar 14 & 16 Aerobic Exercise Laboratory
Mar 28 & 30 Diabetes PHD, Blood pressure
Apr 4 & 6 Psychology of eating (surveys) -Matacin
Apr 11 & 13 Case Studies ñ Behavioral Approaches
Apr 18 & 20 Food stamps project
Apr 25 & 27 Magnet School Papers
May 2 & 4 Magnet School Poster Presentations