

Department Name and Number _____
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Recommended SCNS Course Identification			
Prefix    ___    ___    ___	Level    ___	Course Number    ___    ___    ___	Lab Code    ___
Course Title (please limit to 21 characters) _____			

Effective Term and Year _____	Rotating Topic <input type="checkbox"/> yes <input type="checkbox"/> no
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Amount of Credit    ___	Contact Hour: Base    ___ or Headcount    ___	S/U Only <input type="checkbox"/> yes <input type="checkbox"/> no
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Repeatable Credit <input type="checkbox"/> yes <input type="checkbox"/> no	If yes,    ___ total repeatable credit allowed
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Variable Credit <input type="checkbox"/> yes <input type="checkbox"/> no	If yes,    ___ minimum and    ___ maximum credits per semester
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Course Description (50 words or less)

Prerequisites	Co-requisites
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Degree Type (mark all that apply) <input type="checkbox"/> Baccalaureate <input type="checkbox"/> Graduate <input type="checkbox"/> Professional <input type="checkbox"/> Other _____
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Category of Instruction <input type="checkbox"/> Introductory <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
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Rationale and place in curriculum

Department Contact	Name	Phone	Email
College Contact	Name	Phone	Email

**Department of Health Education & Behavior  
University of Florida**

**Behavioral and Environmental Determinants of Obesity**

**HSC: 4 \_ \_ \_**

**Credits: 3**

**Course Type:** Standard in-class, lecture/discussion format. All course materials will be posted on the course Sakai website.

**Prerequisites:** 3HH or 4HH HEB majors

**Instructor:** Christine McLaughlin, M.S.  
Room 106F, Florida Gymnasium  
352.294.1821  
[ufswmgrl@ufl.edu](mailto:ufswmgrl@ufl.edu)

**Department Chair:** Jay Bernhardt, PhD  
Room 5, Florida Gymnasium  
352.294.1800  
[jaybernhardt@hhp.ufl.edu](mailto:jaybernhardt@hhp.ufl.edu)

**Office Hours:** Mon/Tues/Thurs: 2:00pm-4:00pm, or by appointment

**Course Description and Objectives:**

This course explores interactions among individual, behavioral and environmental determinants of obesity. The focus will be on the extent of the obesity problem primarily in the US from an epidemiological perspective. Ideas for prevention and control will be discussed along with effective interventions to address obesity (policy development and implementation).

Upon completion of this course, the student will be able to:

1. Provide and support a rationale related to the nature and extent of obesity as a public health concern.
2. Discuss the socio-cultural context of body weight.
3. Describe interventions for prevention and control including scientific evidence of effectiveness.
4. Identify the determinants of obesity most often cited in the literature.
5. Identify policy making strategies that may be effective in reducing population obesity levels.

**Course Textbook:** Hu, Frank B. (2008) Obesity Epidemiology, Oxford University Press, New York, NY.

**Course References:** Additional required readings, to supplement the book readings, will be assigned throughout the course of the semester and posted on your Sakai course site.

### Course Expectations:

In this course, you will be expected to:

1. Be prepared for every class by studying the material prior to coming to class. As we engage in class discussions, you will want to be familiar with the material so that you may contribute to the discussions.
2. Participate in class discussions and contribute to the overall productivity of the class. This can be achieved by completing your readings, being sure that you understand them, and contacting the instructor if you have any questions.
3. Be present at all class meetings. In order to contribute to the overall productivity of the class, you must be here. Please inform the instructor of any scheduling conflicts prior to the beginning of class. As an upper-level undergraduate student or a graduate student, missed classes will result in an increased burden to make-up the work.
4. If you miss a class, for an emergency or professional activity/responsibility, it is your responsibility to obtain missed notes and materials from your classmates.

### Course Evaluation:

Assignments	Point Value	Grade %	Final Grade (%)
Task force (TF) reports	25	25%	A+ = 97 - 100
Annotated bibliography	20	20%	A = 93 - 96
Lectures/Presentation	10	10%	A - = 90 - 92
Exams	30	30%	B + = 87 - 89
Other assignments	5	5%	B = 83 - 86
TF member & self eval	5	5%	B - = 80 - 82
Evaluation by instructor	5	5%	C + = 77 - 79
<b>Total points</b>		<b>100</b>	C = 73 - 76
			C - = 70 - 72
			D + = 67 - 69
			D = 60 - 66
			E = Below 60%

For more information on current UF grading policies for assigning grade points, visit:

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

## **Course Assignments:**

### ***Exams***

You will have three exams during the course of the semester. Dates will be announced in class. Students missing an exam due to (documented) illness or schedule conflict (advance notification required) need to meet with the instructor to schedule a makeup exam. Please note that the scheduled final exam date is

### ***Task Force Reports***

You will be assigned to a task force (group) and each task force will be provided a specific topic on which a report will be completed. Individual members will be required to identify at a minimum 3 different articles related to the assigned topic. Each member is to read their articles and develop an abstract of each article to be shared with other members of the task force for developing the final task force report.

### ***Annotated Bibliography***

Submit copies of the articles with the annotated bibliography. Format for submission – your name, task force number and date on the left side, top of paper; paper title is the task force topic; cite the article to be annotated in the American Psychological Association (APA) format and immediately below the citation write the annotation. An annotation is usually about a paragraph in length. Additional information will be provided in class.

Using information from the different articles and the individual annotated bibliographies as a basis for discussion each task force will meet to discuss the task force topic and to determine if there is additional research needed prior to developing the task force report. The goal is to get ideas on the table and encourage critical thinking and analysis related to the information gathered.

Using research from the abstracts, information from the text and task force discussions, the task force will develop its report including recommendations. Generally the report would be 6 to 8 pages in length excluding reference list and appendices (if any). The task force report should be organized as follows:

- Introduction including the problem statement/topic (1 – 2 pages);
- literature review, research/information from the individual selected articles (3 – 4 pages);
- task force conclusions and recommendations (1 – 2 pages).

### ***Task force presentation***

In addition to the developed task force report, your task force will develop a lecture for presentation to the class including a discussion activity related to the topic of your report. Presentation dates will be assigned.

## **Course Policies:**

### ***Academic Honesty***

Though this course involves group work where individuals are expected to share information and work together, several assignments are to be accomplished by an individual working alone. In the case of individual assignments, the acts of cheating, plagiarism, and falsification or attempts to cheat, plagiarize or falsify will not be tolerated. Should an academic integrity violation take place, the student(s)

involved will either be assigned a grade penalty or the case will be referred to the Dean of Students Office for further evaluation. The minimum grade penalty that will be assigned is an F for the assignment.

As commonly defined, plagiarism consists of passing off as one's own ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. Plagiarism is one of the worst academic sins, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicated.

If you have any questions regarding plagiarism, please consult the University of Florida Student Rules (<http://regulations.ufl.edu/chapter4/4017.pdf>), (Student Honor Code).

Every student that is admitted to the University of Florida has signed a statement of academic honesty committing him/her to be honest in all academic work and understanding that failure to comply with this commitment will result in disciplinary action.

This statement is a reminder to uphold your obligation as a student at the University of Florida and to be honest in all work submitted and exams taken in this class and all others.

### ***Disabilities***

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact the Dean of Students Office, The Disability Resource Center, 001 Reid Hall, 352-392-8565.

### ***Excused Absence Policy***

Exams are to be taken on their scheduled dates and assignments are due during the class period on the assigned due date (unless otherwise noted). Make-up exams and late assignments will be considered without penalty only under unusual or extenuating circumstances (for which documentation is required). In the case of an excused absence, the assignment will be turned in on the first day the student returns to class and the make-up exam will be taken on the earliest convenient date. Unexcused, late assignments will not be accepted. Per University of Florida policy, excused absences include medical appointments and illness (with doctor's note), deaths in the family (with documentation) and school events (with documentation on school letterhead). Documentation must be submitted on the day the student returns to class. It is the student's responsibility to communicate with the instructor during the absence by telephone or by email.

### Tentative Class Schedule

<b>Date</b>	<b>Topic</b>	<b>Reading/Assignment Due</b>
August 22	Introduction/Syllabus	
August 24	Introduction to Obesity Epidemiology	Read Chapter 1
August 26	Introduction to Obesity Epidemiology	
August 29	Obesity Trends	Read Chapter 2
August 31	Obesity Trends	
September 2	Epidemiological Designs in Obesity Research	Read Chapter 3
September 5	<b><i>No class</i></b>	
September 7	Epidemiological Designs in Obesity Research	
September 9	Interpretation	Read Chapter 4
September 12	Interpretation	
September 14	Body Composition	Read Chapter 5
September 16	Body Composition	
September 19	Diet	Read Chapter 6

September 21	Diet	
September 23	Physical Activity	Read Chapter 7
September 26	Physical Activity	
September 28	Exam 1 Review	
September 30	Exam 1	
October 3	Metabolism	Read Chapter 8
October 5	Metabolism	
October 7	Metabolism	
October 10	Cardiovascular Disease	Read Chapter 9
October 12	Cardiovascular Disease	
October 14	Cancer	Read Chapter 10
October 17	Cancer	
October 19	Mortality	Read Chapter 11
October 21	Mortality	
October 24	Quality of Life	Read Chapter 12
October 26	Quality of Life	
October 28	Economic Cost	Read Chapter 13

October 31	Economic Cost	
November 2	Super Size Me	
November 4	<b>No class</b>	
November 7	Super Size Me	
November 9	Super Size Me	
November 11	<b>No class</b>	
November 14	Treatment Options	
November 16	Treatment Options	
November 18	Exam 2 Review	
November 21	Exam 2	
November 23	TBA	
November 25	<b>No class</b>	
November 28		Obesity Paper Due
November 30	Student Presentations	
December 2	Student Presentations	
December 5	Student Presentations	



December 7	Final Exam Review	
December 15	Final Exam	10:00am-12:00pm (classroom)

**\*Class schedule may change during the semester**

External Consultation Results (departments with potential overlap or interest in proposed course, if any)

Department	Name and Title
_____	_____
Phone Number	E-mail
_____	_____
Comments	

Department	Name and Title
_____	_____
Phone Number	E-mail
_____	_____
Comments	

Department	Name and Title
_____	_____
Phone Number	E-mail
_____	_____
Comments	

All UCC1 forms and each UCC2 form that proposes a change in the course description or credit hours must include this checklist in addition to a complete syllabus. Check the box if the attached syllabus includes the indicated information.

Syllabus MUST contain the following information:

- Instructor contact information (and TA if applicable)
- Course objectives and/or goals
- A topical outline (at least tentative) of subjects to be covered
- Required and recommended textbooks
- Methods by which students will be evaluated and their grades determined
- Policy related to class attendance
- Policy related to make-up exams or other work
- Statement related to accommodations for students with disabilities
- Information on current UF grading policies for assigning grade points

It is recommended that syllabi contain the following information:

1. Critical dates for exams and other work
2. Class demeanor expected by the professor (e.g., tardiness, cell phone usage)
3. UF's honesty policy
4. Contact information for university counseling and mental health services

The University's complete Syllabus Policy can be found at:

<http://www.aa.ufl.edu/policy/SyllabiPolicy.pdf>