

Spring 2025
Face to Face
Tuesdays & Thursdays – 9:30-10:50am
HPC 03010

University of Texas at Tyler
Department of Kinesiology
Theoretical and clinical aspects of weight management
Course Syllabus – Spring 2025 ALHS 4317.001

Instructor: Madhura Maiya, PhD.
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Office Hours: By appointment
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“I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal, nor to accept the actions of those who do.”
UT Tyler Honor Code

Required Text: Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management. by Liane M. Summerfield and Stephanie K. Ellis. Third Edition (2016). ISBN-13: 9781305684508 eBook or ISBN-13: 9781305258778 Paperback

Course Description:

This course is an overview of factors associated with weight maintenance, weight gain, weight loss, and risk factors of obesity. This course is designed for the student with personal or professional interest in the nutritional, psychological, sociocultural, physical, and physiological factors of weight management. This course provides supervised practice to translate the theories into application. The purpose of this course is to develop skills needed to practice and communicate healthy weight management to others. This course is different from the normal face-to-face class instruction as it combines face to face and material delivered online. There are scheduled meeting times each Monday and Wednesday of the semester and you will be able to access online content as needed to meet the deadlines set out

Course Student Learning Outcomes:

This course is designed for health care majors with some science background or an advanced interest in Nutritional Science. As a student completing this course, you are expected to complete the following objectives:

1. CSLO 1. Identify and explain scientifically based nutrition and physiological principles in relation to the prevention of chronic disease.
2. CSLO 2. Utilize nutrient database software for dietary assessment and critically analyze the data.
3. CSLO 3. Assess the nutritional status of an individual integrating health and chronic disease history, dietary data, knowledge of physiological consequences of nutritional issues and communicate it effectively in a written report.

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Course Requirements:

By the completion of this course, students will demonstrate knowledge of evidenced-based scientific nutrition principles and use that knowledge to impact health at the personal level.

In taking this course you must:

Demonstrate math and writing skills by completing assignments.

Use scientific method to analyze data and draw conclusions from selected readings in scientific literature.

Exhibit computer skills through use of Canvas and completion of assignments

Course Prerequisites — This course is a senior level course. The prerequisites for this course are ALHS 1315 and BIOL 2301 (preferred). You are expected to have a basic understanding of anatomy and physiology. If you have not had an anatomy course, you will have to do additional outside of class reading and preparation.

Response Policy:

E-mail: Please do not hesitate to e-mail me with any questions. Please allow 48 hours for an email response. However, it will typically be quicker. **Include the course number in the subject line.**

Graded Quizzes, Assignments, Activities, and Exams: Grades will be available within 2 weeks of the due date. Much of the time you will be able to see grades sooner than the times listed. However, there are times when it takes longer to grade some assignments.

If you send me an email and do not have a response from me within 48 hours, please contact me again as it means I did not get the message!

Attendance: Attendance is graded. This is a face-to-face course with two classes per week. Class attendance is key to successfully completing this course. It also means that you must participate in class to receive all the participation points. Work hard and have a good attitude to get the most out of this course!

Communication: You MUST read emails and announcements from me. These will be posted on or sent through Canvas. You, not reading emails/announcements from me is NOT an excuse for missed assignments, classes, or so on. *Please do communicate with me (before your submissions are due) if you have any problems/situations that prevent timely submission. If you do not let me know of problems, issues, concerns, I cannot help.*

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Grading

Assignment #1 Critical Journal Article Review	50 points
Assignment #2 Body Composition Assessment	75 points
Assignment #3 Personal Food & Activity Journal	75 points
Assignment #4 Personal Health Plan	100 points
Assignment #5 Fad Food Routine Pros & Cons	50 points
Assignment #6 Client/patient Health Plan	150 points
Quizzes 11 x 10 points each + 1 x 9 points	119 points
Midterm Exam	100 points
Final Exam	100 points
Class Participation, Discussion, & Attendance	181 points
Total possible points	1000 points

Grading Scale:

90% to 100%	=	900 to 1000 points	=	A
80% to 89%	=	800 to 899.9 points	=	B
70% to 79%	=	700 to 799.9 points	=	C
60% to 69%	=	600 to 699.9 points	=	D
< 60%	=	≤ 599.9 points	=	F

There is no “curve” Or “rounding off.” Please note that 899.9 points is a B, NOT an A.

All assignments will be explained during class times and uploaded to Canvas for full details and instructions. Assignments are due on the dates specified on Canvas.

Late assignments will be penalized 10% for each day they are late. Contact me before the due date if you will be unable to complete it due to being sick, athletics, or emergencies and want to avoid a penalty. A missed quiz or exam without a prior excuse receives an automatic zero. An excused missed quiz or exam must be arranged with the instructor.

Assignments: Due Dates and additional information are listed in Canvas.

Assignment 1 - Critical reading and summary of an assigned peer-reviewed paper. After reading an assigned paper, write a summary following the Rubric provided. This written summary should include the following elements: Summarize the main purpose of the paper, summarize 2-3 findings of the work, summarize the limitations and drawbacks in research methods, interpretation of results, and other aspects of the work; relate the results of this paper to a subject not included in the paper (e.g. translate to a new application) 50 points.

Assignment 2— Body Composition Assessment: This is an in-class activity. You will conduct body composition assessment using objective measurements. Calculate BMI. Calculate Ideal Body Weight using the HAMWI formula. Calculate body density. Calculate fat percentage using body density. Collect body circumference measurements and skin fold measurements. Additional instructions are posted in Canvas. 75 points.

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Assignment 3 - Personal Food and Activity Journal: Record your intake, (everything you eat or drink including supplements) for 5 days using an internet resource to analyze your diet (examples include: ASA24 and MyFitnessPal). Create reports for Macronutrient ranges, Fat Breakdown, nutrient levels, and Intake in a spreadsheet. Record everything you do, rounded to the nearest 1/4 hour. Additional instructions are posted in Canvas. 75 points.

Assignment 4 - Personal Health Plan: Using your Personal Food and Activity data, develop 2 nutrition goals, and 2 activity goals to implement for one week. After implementing your plan for one week, write a summary of the goals and how they fit into a long-term health plan. Include in your report whether or not you met your goals. Additional instructions are posted in Canvas. 100 points
Assignment 5 - Food Fad Pros and Cons: As a team, you will be randomly assigned a fad food routine. The team will prepare an oral presentation and a written summary of the routine. Additional instructions are posted in Canvas. 50 points

Assignment 6 - Client/Patient Health Plan. Using a volunteer, you will measure their current weight, height, and body circumferences (calf, thigh, hip, waist, chest, and biceps). Calculate BMI, IBW, and frame size. Have the volunteer complete a 5-day Personal Food and Activity Journal; analyze the data you collect from the volunteer on their food intake and energy expenditure. Include in your report whether your volunteer met their goals. Additional instructions are posted in Canvas. 150 points

UTT POLICIES

UT Tyler Honor Code

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/rightsresponsibilities.php>

Campus Carry

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at

<http://www.uttyler.edu/about/campus-carry/index.php>

UT Tyler a Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including

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counseling, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. (For Fall, the Census Date is Jan 27th) Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date (Jan 27th) is the deadline for many forms and enrollment actions of which students need to be aware. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability/Accessibility Services

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous

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educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.utt Tyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second-class meeting of the semester.

Revised 05/17

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

- i. "Cheating" includes, but is not limited to:
 - copying from another student's test paper.
 - using, during a test, materials not authorized by the person giving the test.
 - failure to comply with instructions given by the person administering the test.
 - possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test.

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- using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program.
 - collaborating with or seeking aid from another student during a test or other assignment without authority.
 - discussing the contents of an examination with another student who will take the examination.
 - divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructors has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student.
 - substituting for another person or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment.
 - paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, home solution or computer program.
 - falsifying research data, laboratory reports, and/or other academic work offered for credit.
 - taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
 - misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.
- ii. “Plagiarism” includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another’s work and the submission of it as one’s own academic work offered for credit.
- iii. “Collusion” includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
- iv. All written work that is submitted will be subject to review by plagiarism software.

UT Tyler Resources for Students

- [UT Tyler Writing Center](https://www.uttyler.edu/writingcenter) (903.565.5995), writingcenter@uttyler.edu
- [UT Tyler Tutoring Center](https://www.uttyler.edu/tutoring) (903.565.5964), tutoring@uttyler.edu
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- [UT Tyler Counseling Center](https://www.uttyler.edu/counseling) (903.566.7254)

Artificial intelligence (AI) Tools use: UT Tyler is committed to exploring and using AI tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools’ ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler’s Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for

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the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course (see below) is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy.

For this course: This course has specific assignments where artificial intelligence (AI) tools (such as ChatGPT or Copilot) are permitted and encouraged. When AI use is permissible, it will be clearly stated in the assignment directions, and all use of AI must be appropriately acknowledged and cited. Otherwise, the default is that AI is not allowed during any stage of an assignment

Course disclosure – Please note that this course covers a variety of topics which can be considered triggering. These topics include (but not limited to) body weight, body image, sugars, fat, obesity, eating disorders, etc. In addition, assignments will involve calorie counting, physical activity analysis, calorie intake, fat intake, sugar intake, body weight and BMI estimations. Some of these topics are considered as potential triggers for people with eating disorders. If you are experiencing or recovering from an eating disorder, it is highly encouraged to take necessary steps towards your emotional safety. This may include consulting with your therapist / practitioner / psychologist / dietician before enrolling or about the course content. If any of these topics are potential triggers and can potentially cause any distress, you can drop out of this course (before the census date). Additionally, at any time if you feel distressed you can reach out to Student Counseling Center – The University of Texas at Tyler (903.566.7254).

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Tentative Course Schedule

Weeks 1-3 (Jan 13th through Feb 2nd)– Module 1: Introduction to Weight Management

Introductions, Body weight and quality of life, Clinical terminology used in weight management, Anthropometrics, Eating Disorders

Read: Chapter 1, 2, and 3

Complete Quizzes

Assignment #1: Critical article review, Due Feb 2nd

Body Image Discussion

Weeks 4-5 (Feb 3rd through Feb 16th) – Module 2: Biological Aspects

Definition of BMI, Calories, Body Assessment, Health Consequences of weight abnormalities, Evidence Based

Guidelines for Weight Management.

Read: Chapters 4 and 5

Complete Quizzes

Assignment #2: Body Composition Activity. Calculate BMI, IBW, Calories, Body Frame and Hip to Waist Ratio – In class activity. Due Feb 16th

Weeks 6-7 (Feb 17th through March 2nd) – Module 3: Physical Activity

Realistic Weight goals, Exercise, Supplements, Eating Patterns

Read: Chapters 6 and 7

Complete Quizzes

Assignment #3: Personal Food and Activity Journal, due March 2nd

Midterm Exam (Exam 1): March 8th

Weeks 8-11 (March 3rd through April 6th)– Module 4: Nutrition for Health

*October 21 - no class, work on group project & personal health plan

Components of healthy food intake, food assessment, planning guides, and food routines.

Read: Chapters 8 and 9

Complete Quizzes

Assignment #4: Personal Health Plan, Due April 6th

Assignment #5: Fad Food Routine Pros and Cons - Team Presentations April 1st and 3rd

Weeks 12-15 (April 6th through May 2nd)- Module 5: Clinical approaches to Weight Management

Weight loss drugs, surgery, supplements, stages of change, interviewing.

Read: Chapters 10 and 11

Complete Quizzes

Assignment #6: Patient/Client Food and Activity Care Plan, Due April 27th

Comprehensive Final (Exam 2): May 1st - multiple choice, true/false, matching and short answer.

