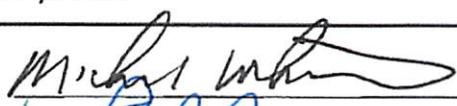
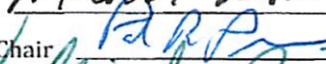
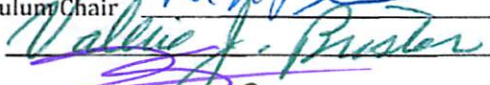


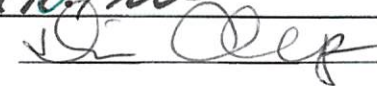
 <b>FLORIDA ATLANTIC UNIVERSITY</b>	<b>COURSE CHANGE REQUEST</b> <b>Graduate Programs</b>		UGPC Approval _____ UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner Posted _____ Catalog _____
	Department Exercise Science & Health Promotion College Education		
<b>Current Course Prefix and Number</b>	PET 4263	<b>Current Course Title</b>	Obesity: Biological, Psychological, and Cultural Factors
<i>Syllabus must be attached for ANY changes to current course details. See <a href="#">Guidelines</a>. Please consult and list departments that may be affected by the changes; attach documentation.</i>			
<b>Change title to:</b> NA		<b>Change description to:</b> See attached	
<b>Change prefix</b> From: NA To: NA		<b>Change prerequisites/minimum grades to:</b> NA	
<b>Change course number</b> From: 4263 To: 4263/5263		<b>Change corequisites to:</b> NA	
<b>Change credits*</b> From: 3 To: 3		<b>Change registration controls to:</b> NA	
<b>Change grading</b> From: NA To: NA		Please list existing and new pre/corequisites, specify AND or OR and include minimum passing grade.	
*Review <a href="#">Provost Memorandum</a>			
<b>Effective Date (TERM &amp; YEAR)</b> Fall 2018		<b>Terminate course List final active term</b> NA	
<b>Faculty Contact/Email/Phone</b>			
<b>Approved by</b>		<b>Date</b>	
Department Chair 		1/23/18	
College Curriculum Chair 		2/8/18	
College Dean 		2/12/18	
UGPC Chair 		2-28-18	
UGC Chair 		2/28/18	
Graduate College Dean 		2-28-18	
UFS President _____		_____	
Provost _____		_____	

Email this form and syllabus to [UGPC@fau.edu](mailto:UGPC@fau.edu) one week before the UGPC meeting.

GRADUATE COLLEGE

FEB 14 2018

Received

FAU  
FLORIDA ATLANTIC  
UNIVERSITY

January 24, 2018

Dear Committee Members

Currently, our graduate curriculum has a paucity of 5000 levels courses as electives available to graduate students. In recognition of the pending policy change disallowing the inclusion of 4000 level courses in a graduate program of study and subsequent satisfaction of degree requirements, I am respectfully submitting Course Change Requests for PET 4143 Substance Abuse, HSC 4104 Stress Management, PET 4263 Obesity: Biological, Psychological, and Cultural Factors, and HSC 4581 Health Promotion. Specifically, our department is requesting to make these courses dual enrollment (i.e., 4000/5000) with appropriate changes.

If you have any questions, concerns, or need of further information, please don't hesitate to contact me.

Submitted respectfully for the Department of Exercise Science & Health Promotion,



Dr. Bob Zoeller  
Professor and Graduate Coordinator  
rzoeller@fau.edu  
954 439-2132 (cell)

Dept. of Exercise Science & Health Promotion,  
College of Education  
777 Glades Rd. Boca Raton, FL  
tel: 561 297-2549 • fax: 561 297-2839

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**Course Description:**

This course will focus on different influences such as biology, psychology, and culture in weight gain eventually leading to obesity. Emphasis also includes the different approaches and settings of prevention and intervention in weight loss and weight loss maintenance (e.g., physical activity, dietary, and pharmacological).

Note: This is a split (4000/5000) level course. Students registered for PET 5263 must complete all the requirements of the PET 4263 section AND the additional requirements for PET 5263 in order to receive graduate credit.

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**COLLEGE OF EDUCATION  
DEPARTMENT OF EXERCISE SCIENCE & HEALTH PROMOTION  
PET 4263 / 5263: Obesity: Biological, Psychological, and Cultural Factors**

Professor: Chun-Jung Huang, Ph.D., FACSM  
Office: Field House 11A- Room 126B  
Phone: 561-297-1271  
Email: chuang5@fau.edu  
Office Hours: TBA  
Course Schedule: TBA

**GRADUATE COLLEGE**

**FEB 23 2018**

**Received**

Pre-requisite: Must be enrolled in one of the following classification(s): second bachelors, junior, or senior.

**Course Description:**

This course will focus on different influences such as biology, psychology, and culture in weight gain eventually leading to obesity. Emphasis also includes the different approaches and settings of prevention and intervention in weight loss and weight loss maintenance (e.g., physical activity, dietary, and pharmacological).

**Required Textbook**

Sharon R. Akabas, Sally Ann Lederman, and Barbara J. Moore (2012). Textbook of Obesity: Biological, Psychological, and Cultural Influences. Wiley-Blackwell Publisher. ISBN: 978-0470655887.

**Course Delivery Mode:**

This is a fully online course accessible only through FAU's learning management system—Canvas. You must log into Canvas with your FAU ID and Password to access the materials and assignments in this course. If you do not know your FAU ID or Password click the following link for help. <http://www.fau.edu/oit/accounts/index.php>

The course is organized into 5 modules with dates provided for each module. The course begins with a START HERE unit that will familiarize you with the organization and navigation of the course. Each module contains the reading materials, PowerPoints, and assignments relevant to the Module Topic.

**Computer Requirements**

- Operating System
  - A computer that can run Mac OSX or Win XP or higher
- Peripherals
  - A backup option should be available to minimize the loss of work. This can be an external hard drive, a USB drive, cloud storage, or your folder on the FAU servers.

**Technical Skills:**

To be successful in this course, students should be familiar with and be able to execute the following technological skills:

- Creating and posting to a discussion board.
- Taking a test through Canvas.

**Course Objectives:**

The learning experiences and activities in the course are designed to enable the student to:

1. Define the prevalence of overweight and obesity and cultural attitudes and biases toward obese persons.
2. Explain why environmental factors influences food intake.
3. Define the pathophysiology of adipose tissues in obesity, and how it contributes to the metabolic effects of obesity.
4. Explain the effect of limited weight loss on the health of obese people, and how obesity is linked to an increased risk of many chronic diseases including certain cancers.
5. Define the factors that influence the choice of different types of diet for weight loss and how obesity drugs affect either energy intake or energy expenditure.
6. Explain potential clinical approaches that may help prevent weight gain and how weight loss maintainers are able to maintain their lower weight for long periods.

**Accommodations/Special Needs:**

In compliance with the Americans with Disabilities Act (ADA), students who require reasonable accommodations due to a disability to properly execute coursework must register with the Office of Student Accessibility Services (SAS) and follow all SAS procedures. SAS has offices across three of FAU's campuses- Boca Raton, Davie, and Jupiter, however, disability services are available for students on all campuses

**Code of Academic Integrity:**

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Dishonesty 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. 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. For more information, see

[http://wise.fau.edu/regulations/chapter4/4.001 Code of Academic Integrity.pdf](http://wise.fau.edu/regulations/chapter4/4.001_Code_of_Academic_Integrity.pdf)

**Student Code of Conduct**

Florida Atlantic University is a public research university with multiple campuses along the southeast Florida coast serving a uniquely diverse community. It promotes academic and personal development, discovery and lifelong learning. FAU fulfills its mission through excellence and innovation in teaching, outstanding research and creative activities, public engagement and distinctive scientific and cultural alliances, all within an environment that fosters inclusiveness.

FAU accomplishes its mission primarily through its students, teachers and researchers, its undergraduate educational programs, its graduate and professional offerings, and its linkages to other educational institutions and in the community. For more information, see

<http://www.fau.edu/studentconduct/Student%20Conduct%202012.pdf>

## Classroom Etiquette Policy/Netiquette

Due to the casual communication common in the online environment, students are sometimes tempted to relax their grammar, spelling, and/or professionalism; however, remember you are adult students and professionals—your communication should be appropriate. You are expected to use correct spelling and grammar and write in complete sentences. Also, please note that in the online environment you do not have the advantage of voice inflection or gestures. As a result, sarcasm can come across very negative, so this form of communication should be avoided. When conducting peer reviews or responding to classmates' posts, remember that you are responding to the ideas of the writer: keep your communication professional and on-topic.

## Communication Policies

- Email Policy
  - Except for Saturdays, Sundays, and holidays, instructor typically, will respond to your emails within 48 hours.
- Assignment Feedback Policy
  - Feedback will be provided on submitted assignments within one week of the submission date. Some assignments may require a longer review period, which will be communicated to you by your instructor.

## Evaluation for PET 4263:

- |    |                                       |                                   |
|----|---------------------------------------|-----------------------------------|
| 1. | Mandatory orientation quiz            | (2 points)                        |
| 2. | 5 Module Tests                        | (30 points each × 5 = 150 points) |
| 3. | Participation in 3 online discussions | (20 points each × 3 = 60 points)  |

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<b>Total Points</b>	<b>212</b>
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## Evaluation for PET 5263:

- |    |                                       |                                   |
|----|---------------------------------------|-----------------------------------|
| 1. | Mandatory orientation quiz            | (2 points)                        |
| 2. | 5 Module Tests                        | (30 points each × 5 = 150 points) |
| 3. | Participation in 3 online discussions | (20 points each × 3 = 60 points)  |
| 4. | Article Critique                      | (30 points)                       |

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<b>Total Points</b>	<b>242</b>
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**Grading Scale:** A = ≥ 93%; A- = 90-92.99%; B+ = 87-89.99%; B = 83-86.99%;  
 B- = 80-82.99%; C+ = 77-79.99%; C = 73-76.99%; C- = 70-72.99%;  
 D+ = 67-69.99%; D = 63-66.99%; D- = 60-62.99%; F = <60%

## MODULE TESTS (150 PTS):

You are required to complete 5 tests during the quarter (one for each module). **Each test has 30 questions.** Each question is worth 1 point. Tests will cover assigned articles/powerpoint slides/chapters and will only be available **for specified periods of time (45 minutes)**. The format of test questions is multiple choice. If the test is not completed within the time allotted, you will

receive no credit for the tests. Assessments cannot be retaken, nor will they be available more than one time.

### **Course Due Dates – PLEASE READ CAREFULLY**

The Exams ***REQUIRE*** that you have the Respondus Lock-Down browser installed on your computer. **BE SURE TO go the following website site and click “RESPONDUS” to DOWNLOAD THE SOFTWARE**

**[http://www.fau.edu/canvas/additional\\_tools.php#LB Monitor](http://www.fau.edu/canvas/additional_tools.php#LB_Monitor)**. Take the time to have a back-up plan in the event your computer malfunctions (many public access computers such as libraries, internet cafes, hotel lobbies, some of the FAU computer labs, etc. ***WILL NOT*** let you install the software). This will not be an acceptable excuse for missing an exam! It is your responsibility to ensure that you have a stable internet connection (***DO NOT USE WIFI, EVEN THOUGH THE SIGNAL IS VERY STRONG***) and a computer that is compatible with Canvas. **If the tests are disrupted by using WIFI, assessments cannot be retaken, nor will they be available more than one time. I STRONGLY recommend you to take the tests in a computer lab on the FAU campus.**

**YOU MUST TAKE THE EXAMINATIONS DURING THE DATES LISTED BELOW (ABSOLUTELY NO EXCEPTIONS!). EACH EXAM HAS A WINDOW OF 3 DAYS (OPEN AT 12:01 AM ON SUNDAYS AND CLOSE AT 11:59 PM ON TUESDAYS).**

**PLEASE PLAN AHEAD, I WILL NOT ACCOMODATE YOUR SCHEDULE (e.g., your personal vacation, wedding, extended travel, etc.).**

### **ONLINE DISCUSSIONS (60 PTS):**

You will be required to participate in 3 online discussions on topics related to nutrition in health and exercise. The topics are generated from the assigned module readings for the course. You can access the discussion board inside the Canvas course system that is also where online discussion posts are submitted and accessed. In addition, for each discussion assignment, you not only read the posts, but also are required to make **AT LEAST two posts as replies to others’ posts with 50 to 100 words in length for each. Please review discussion guidelines and rubric on the Canvas.**

***YOU MUST COMPLETE EACH DISCUSSION ASSIGNMENT DURING THE DATES LISTED BELOW (ABSOLUTELY NO EXCEPTIONS!). EACH DISCUSSION HAS A WINDOW OF 7 DAYS (OPEN AT 12:01 AM ON SUNDAYS AND CLOSE AT 11:59 PM ON SATURDAYS). ORIGINAL POST ARE DUE ON THE WEDNESDAY OF THAT WEEK AND RESPONSES ARE DUE BY THE SATURDAY OF THAT WEEK.***

### **DISCUSSION BOARD ETIQUETTE:**

Unprofessional conduct and language will not be tolerated. While we encourage healthy debate and discussion, unprofessional conduct towards other students or the instructor is not acceptable. Your grade on the discussion and the course in general will be severely affected if you are guilty of such conduct. As educated adults, we should seek to increase our perspectives and knowledge, even if we disagree with someone else. After considering a statement that you disagree with, provide a professional response, stating your disagreement along with evidence to support your thought.

## **ARTICLE CRITIQUE (30 PTS)**

As part of this class you will be required to write one article critique. **The article critique requires a research article from a peer-reviewed journal (no “dot” com internet sites, newspapers, or magazines).** The paper must be turned in on time. The format and instruction are provided on the Canvas.

## **Technical Problem Resolution Procedure**

In the online environment, there is always a possibility of technical issues (e.g., lost connection, hardware or software failure). Many of these can be resolved relatively quickly, but if you wait until the last minute before due dates, the chances of these glitches affecting your success are greatly increased. Please plan appropriately. If a problem occurs, it is essential you take immediate action to document the issue so your instructor can verify and take appropriate action to resolve the problem. Please take the following steps when a problem occurs:

1. Complete a Help Desk ticket <http://helpdesk.fau.edu/>. Make sure you complete the form entirely and give a full description of your problem so the Help Desk staff will have the pertinent information in order to assist you properly.
2. Send an email to your instructor to notify him/her of the problem. Include all pertinent information of the incident.

## **COURSE OUTLINE AND IMPORTANT DATES**

<b>Module 1 - Obesity, Epidemiology and Cultural/Psychological Influences</b>	
Ch1	Epidemiology, etiology, and consequences of obesity
Ch2	Cultural attitudes and biases toward obese persons
Ch3	The application of public health lessons to stemming the obesity epidemic
Ch4	Psychodynamic approaches to the treatment of obesity
<b>Test #1 and Module 1 Discussion pertain to the course content of Module 1</b>	
➤ <b>Test #1 opens - 9/3 through 9/5</b>	
➤ <b>Module 1 Discussion opens – 9/10 through 9/16 (original post due 9/13 and replies due 9/16)</b>	
<b>Module 2 - Obesity and Biological Influence</b>	
Ch5	Genetic contributions to the development of obesity
Ch6	Hidden persuaders: environmental contributors to obesity
Ch7	White adipose tissue as a dynamic organ
Ch8	Appetite and body weight regulation
<b>Test #2 and Module 2 Discussion pertain to the course content of Module 2</b>	
➤ <b>Test #2 opens - 10/1 through 10/3</b>	
➤ <b>Module 2 Discussion opens – 10/8 through 10/14 (original post due 10/11 and</b>	



<b>replies due 10/14)</b>	
<b>Module 3 - Obesity and Related Diseases</b>	
Ch9	Eating behaviors in obesity: the role of appetite
Ch10	The relation of pregnancy and lactation to obesity development in the mother and child
Ch11	Effect of obesity on development and health in childhood
Ch12	Impact of obesity during adulthood on chronic disease: diabetes, hypertension, metabolic syndrome, cardiovascular disease, and cancer.
<b>Test #3 pertains to the course content of Module 3</b>	
➤ <b>Test #3 opens - 10/22 through 10/24</b>	
<b>Module 4 - Body Composition and Behavioral/Non-dieting Treatments</b>	
Ch13	Measurement of human body composition to assess obesity
Ch14	Assessment of obesity risk in the community
Ch15	Behavioral approaches to the treatment of obesity
Ch16	Non-dieting approaches to the treatment of obesity
<b>Test #4 pertains to the course content of Module 4</b>	
➤ <b>Test #4 opens – 11/5 through 11/7</b>	
<b>Module 5 - Obesity Interventions/Treatments</b>	
Ch17	Dietary intervention approaches to the treatment of obesity
Ch18	Pharmacological approaches to the treatment of obesity
Ch19	Surgical treatment of severe obesity: patient selection and screening, surgical options, and nutritional management
Ch20	Metabolic consequences of weight reduction
<b>Test #5 and Module 5 Discussion pertain to the course content of Module 5</b>	
➤ <b>Test #5 opens - 11/19 through 11/21</b>	
➤ <b>Module 5 Discussion opens – 11/26 through 12/2 (original post due 11/29 and replies due 12/2)</b>	
<b>Article Critique Due (12/2)</b>	
❖ <b><i>Each test or discussion opens at 12:01 AM and close at 11:59 PM during the dates listed above.</i></b>	
❖ <b><i>The article critique is due at 11:59 PM on the date noted above.</i></b>	

### **Student Support Service Links**

1. Writing Center Online (<http://www.fau.edu/ucew/writingcenteronline.php>)

2. Office for Students with Disabilities (<http://osd.fau.edu/>)
3. Center for Learning and Student Success (<http://www.fau.edu/esuccess/>)
4. Counseling and Psychological Services (<http://www.fau.edu/counseling/>)