

**Weight Management**  
**NUTR 5360-090 FALL 2019**  
**Online via Canvas**

**Instructor & office hours:** Alina Jameson MS, RD, CSSD, CD  
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**Teaching assistant:** Danielle Julifs  
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**Class prerequisites** NUTR 1020 or 4440  
*If you have not had these prerequisites, please see the instructor.*

**Text:**

1. Tribole, Resch. Intuitive Eating – 3<sup>rd</sup> Edition. St. Martin's paperbacks, 2003. (In bookstore or on reserve at the Marriot Library)
2. Journal articles and other readings as assigned weekly

**Other information:** Lectures, reading materials can be found on Canvas each week under the 'Modules' tab

**Course objectives:**

*This class is designed to help you examine your own beliefs about weight, body size and our cultural "ideal". We will discuss different perspectives and options for working with clients. You will be provided with additional readings and discussions that will not only help you in this class, but also as a health professional. I encourage you to be open-minded, challenge yourself and others and to participate in the class discussions to get the most from this class. This class will review the following:*

- Role of genetics in weight management.
- Current research on the most effective weight-management methods.
- Behavioral approaches to a healthy lifestyle.
- Social and cultural role in body weight, self-esteem and body size.
- Role of diet and exercise in the determination of body composition and weight management.
- Guidelines and techniques for managing health and fitness for all sizes.
- Current diets, medical intervention, supplements and potential quackery.
- Research behind and the role of a non-diet/size acceptance approach.
- Disordered eating and clinical eating disorders.

**Learning Objectives:**

Upon completing this course students will be able to...

- Describe the role of genetics in weight management.
- Assess the current research on the most effective weight-management methods.

- Evaluate behavioral approaches to a healthy lifestyle.
- Exam the social and cultural role in body weight, self-esteem and body size.
- Evaluate the role of diet and exercise in the determination of body composition and weight management.
- Implement guidelines and techniques for managing health and fitness for all sizes.
- Critique current diets, medical intervention and supplements, as well as, recognize quackery.
- Translate and apply the research behind the non-diet/size acceptance approach.
- Identify disordered eating and clinical eating disorders.

**Grading:**

Course Agreement	=	10 points
Introduction Discussion	=	5 points
2 exams @ 100 points each	=	200 points
2 quizzes @ 25 points each	=	50 points
3 Journal Club Discussions @ 15pts each	=	45 points
4 case studies @ 25 points each	=	100 points
Weight management review paper	=	50 points
Weight management research paper	=	<u>100 points</u>
<b>Total points</b>	=	<b>up to 560 points</b>

**Some helpful hints:**

- Late assignments (defined as assignments submitted between 1 minute and 3 days after the due date) will be accepted for ½ credit. Assignments will not be accepted beyond this point for credit. If you experience technical difficulties with submitting assignments, contact U-online for technical assistance immediately at #801-585-5959
- Keep a copy of all assignments until the end of the semester and grades are completely recorded.
- There is no extra credit in this course. There are ample opportunities to earn points with assignments, discussions and exams.

**Grade Range:**

A 100 % to 92.5%  
 A- 92.5 % to 89.5%  
 B+ 89.5 % to 87.5%  
 B 87.5 % to 82.5%  
 B- 82.5 % to 79.5%  
 C+ 79.5 % to 77.5%  
 C 77.5 % to 72.5%  
 C- 72.5 % to 69.5%  
 D+ 69.5 % to 67.5%  
 D 67.5 % to 62.5%  
 D- 62.5 % to 59.5%  
 E 59.5 % to 0.0%

### Tentative Class Schedule

Week #	Approx. date	Topic	Readings
1	8/19-25	<ul style="list-style-type: none"> <li>• Introduction to the course and weight management</li> <li>• <b>Course Agreement Due</b></li> <li>• <b>'Getting to know you' Discussion</b></li> <li>• <b>Graduate student project sign-up DUE</b></li> </ul>	Intuitive – 1 Reading – Absolute Advantage (Wellness Councils of America) The Shape Of Things To Come pg. 48-52
2	8/26-31	<ul style="list-style-type: none"> <li>• Bias and Psychology of Change</li> <li>• Psychology of lifestyle changes</li> <li>• Different perspectives</li> </ul>	Reading – Absolute Advantage (Wellness Councils of America) Fatness, Fitness & Health pg. 18-21 Intuitive – 2, 3 Reading – Absolute Advantage (Wellness Councils of America) Health At Every Size pg. 8-13 and Celebrating Weight Diversity pg. 22-27
3	9/1-7	<ul style="list-style-type: none"> <li>• Assessment and Goal Setting</li> <li>• <b>Case study #1 due</b></li> </ul>	Intuitive –4, 5 Reading – <i>Health At Every Size and Eating Behavior</i> (Provencher, Veronique) and <i>Beyond Energy Balance</i> (McCary, Jennie)
4	9/8-14	<ul style="list-style-type: none"> <li>• Nutrition and Weight Management</li> <li>• Fad diets &amp; supplements</li> <li>• <b>Quiz # 1</b></li> </ul>	Intuitive –6, 7, 8, 14 Reading – <i>Effects of Starvation on Behavior</i> (Garner, David)
5	9/15-21	<ul style="list-style-type: none"> <li>• PA and Weight Management</li> <li>• <b>Journal Club Discussion 1</b></li> <li>• <b>Case study #2 due</b></li> <li>•</li> </ul>	Intuitive – 12 Reading – Absolute Advantage (Wellness Councils of America) Weight, Health & Culture pg. 2-7 and Promoting Healthy Body Image pg. 34-41
6	9/22-28	<ul style="list-style-type: none"> <li>• <b>WEIGHT MANAGEMENT REVIEW SIGN-UP DUE</b></li> <li>• Normal and disconnected eating</li> <li>• <b>Journal Club Discussion 2</b></li> </ul>	Fad Diets Intuitive –9, 10 (Appendix A may be helpful), 13 Reading - <i>Development &amp; Psychometric Evaluation of Intuitive Eating</i> (Tylka, Tracy)
7	9/29-10/5	<ul style="list-style-type: none"> <li>• <b>Exam #1</b></li> <li>• <b>DUE by 10-7: GRAD STUDENT PRESENTATIONS</b></li> </ul>	
8	10/6-12	<ul style="list-style-type: none"> <li>• FALL BREAK</li> </ul>	

9	10/13-19	<ul style="list-style-type: none"> <li>• Psychosocial aspects of food behavior – eating disorders and disordered eating</li> <li>• <b>Weight Management Program Review Paper DUE 10/21</b></li> <li>• Weight Management Program Review HANDOUT due by 10/28</li> <li>• <b>Film, Minnesota Semi-Starvation</b></li> <li>• <b>Dove Beauty (1 minute video)</b></li> </ul>	Intuitive – 11, 15
10	10/20-26	<ul style="list-style-type: none"> <li>• <b>WEIGHT MANAGEMENT REVIEW DISCUSSION</b></li> <li>• Hunger, Satiety, and Appetite</li> </ul>	Psychological Aspects of Food Behavior
11	10/27-11/2	<ul style="list-style-type: none"> <li>• <b>Case study #3 due</b></li> </ul>	
12	11/3-9	<ul style="list-style-type: none"> <li>• <b>Quiz #2</b></li> <li>• <b>SUBMIT RESEARCH PAPER TOPIC</b></li> </ul>	Preventing & treating eating disorders/disordered eating Female Athlete Triad
13	11/10-16	<ul style="list-style-type: none"> <li>• <b>Readings and Lecture</b></li> <li>• <b>Journal Club Discussion 3</b></li> <li>• <b>GROUP PROJECT DUE NEXT WEEK</b></li> </ul>	Medical Intervention
14	11/17-23	<ul style="list-style-type: none"> <li>• <b>Readings Week 14</b></li> <li>• <b>GROUP PROJECT DUE by 11/25/18</b> <ul style="list-style-type: none"> <li>○ <b>Weight Management Research Paper</b></li> </ul> </li> </ul>	Interventions for Weight Loss
15	11/24-30	<ul style="list-style-type: none"> <li>• Sports nutrition and weight management, Scope of practice</li> <li>• <b>Case Study #4</b></li> </ul>	<ul style="list-style-type: none"> <li>• Reading - <i>Crossing the Line: Understanding the Scope of Practice</i> (Sass, Cynthia)</li> <li>• <i>The Elephant in the Room</i> (Muth, Natalie)</li> </ul>
16	12/1-7	<b>Last week of classes/Reading Day</b>	
17	12/8-13	<b>Exam #2</b>	

### Summary of Projects

- **Course agreement (10 points)** – this is due the 1<sup>st</sup> week of class and it is intended to make sure you know what the time commitment and expectations are for this class.
- **Quizzes (2 @ 25 points each)** – there will be 2 timed quizzes during the semester that you will take online. Each quiz is open book/notes and will cover the information preceding it. You will have 6 days to take each quiz – but once you begin, you will not be able to return to it later.

- **Exams (2 @ 100 points each)** – there are 2 mandatory exams during the semester. These are administered through Canvas (Schedule Exams link) and U-online. You will have the option to take at a variety of locations. Please plan your schedule accordingly. **You must register through Canvas by clicking on the link “Schedule Exams”.**
  - Please note: Exams will NOT be offered at other times without **prearranged** permission from the instructor. If an exam is missed without notifying the instructor, a grade of 0 will be given for the exam. Physician's verification is required for illnesses or other documentation (ex. copy of death certificate) for other circumstances beyond your control. For any unusual or emergency situation, messages must be left on the instructor's e-mail and phone **prior to the scheduled exam** time (not after!).
  
- **Please note the following information from UOnline:**
  1. Emails will be sent to your UMail account (i.e. uNID@utah.edu). Please check this email address at least once-a-week to receive updates. You can also have messages forwarded to your preferred-email address (see details at <http://it.utah.edu/services/email/umail>).
  2. Special messages, especially urgent information will also be sent to the preferred-email address, so please verify your contact information is correct in CIS (Campus Information System). See the link under the "Students" sections of <http://www.utah.edu>
  3. Timely updates are also displayed on the UOnline website, in the Announcements section, so check regularly at <https://uonline.utah.edu>
  4. To take proctored exams through UOnline Exam Services will need to register at <https://uonline.utah.edu>
  5. If you have questions please call the UOnline Help Desk at (801) 585-5959 or [uonline-testing@lists.utah.edu](mailto:uonline-testing@lists.utah.edu)
  
- **GRADUATE STUDENT PROJECT (75points):**
  - Graduate students (students in either a Masters or Doctoral/PhD program) will be required to choose a designated topic and **upload the equivalent of a 25-30 minute presentation to the instructor via email.**
  - The presentation can either be video or voice recorded with the PowerPoint or Speaker notes must be supplied with the presentation to represent what the speaker would be saying regarding each slide.
  - The presentation must provide sufficient background on the topic area, provide an in depth look at the current scientific understanding of the given topic area, and provide recommendations regarding how it is applicable to the field of nutrition science and weight management. (75 points)
  - TOPICS INCLUDE:
    - Childhood Obesity
    - Emotional and Intuitive Eating

- Hormonal Regulation
- Pharmaceuticals
- Genetics
- Supplements
- Metabolism

○ **DUE Sunday, October 7<sup>th</sup> at midnight**

● **Assignments (4 case studies @ 25 points each and 2 papers @ 100 points each)**

Each assignment is provided via download under the “assignments” link and **MUST be submitted on-line**. If you experience technical difficulties with submitting these assignments e-mail me at [alina.jameson@hsc.utah.edu](mailto:alina.jameson@hsc.utah.edu) **immediately**. I **will not accept late assignments** or assignments not submitted correctly **without prior notice from you**.

- For your weight management review paper and philosophy paper they will both be automatically submitted to Turnitin to check for plagiarism. For more information there is a Turnitin FAQ under the Turnitin link on our home page. **THESE ASSIGNMENTS ARE TO BE IN YOUR OWN WORDS!**

● **Journal Club Discussions (3 @15 points each)**- In preparation for each weeks journal club

discussion you will need to read the posted articles and be prepared to engage in the weekly discussions The questions/comments you post are meant to further the discussion and reflect critical thinking regarding the research conducted in weight management.

- **5 points** - if you submit one well thought out post
- **10 points** - if you submit one well thought out post *and* respond to one other student's post
- **15 points** - if you submit one well thought out post *and* respond to more than one other student's post

- **Extra credit** – there is **no extra credit** in this course. There are ample opportunities to earn points with assignments, discussions and exams.

**Weight management review - 50 points**

There are many types of weight loss programs today. Some are healthy and have a strong scientific foundation while other programs are based solely on anecdotal information but are appealing to the public's emotions. An important objective of this class is to develop the skills needed to evaluate weight loss programs. Your assignment for this project is to write an evaluation of a current weight loss program/plan and present your findings to the class. Since there are so many programs/plans to choose from each of you is encouraged to find one that others in the class are not already evaluating. This should be related to weight management – not just overall health. **THIS PAPER IS TO BE IN YOUR OWN WORDS!**

**1. Choose a weight loss program or plan (2.5 points)**

This can be a national program like Weight Watchers or Jenny Craig, a local program, a diet book that is popular (or not so popular!) right now or even something you've seen on TV (provided you can include

information from the organization). Try to gather as much information as possible - this will improve the quality of your review. **In your introduction, explain why you chose this program/plan.**

2. **Provide a *thorough review* about the plan using information you have obtained from the organization (10 points). Use a bulleted report format (with these headings and a paragraph or more below it). Address each of the following topics:**
  - Program description - as it is promoted
  - Philosophy – as stated or implied
  - What the nutrition component involves
  - What the activity component involves
  - Scientific basis – as stated or implied
  - Cost of the program or necessary food/equipment
  - Other relevant information about the program that has not already been discussed
  
3. ***Evaluate* the program (10 points). Discuss these following points using a bulleted report format (with these headings and a paragraph or more below it).**
  - Advantages and disadvantages - health risks and benefits
  - Success rates (published or anecdotal) – do you think they are valid/worthwhile? Why?
  - Appropriateness for **all people** - regardless of size, age, etc.
  - Focus on lifestyle/behavior modification – do you think this program can be maintained?
  - Backgrounds of people who are selling the program/working with the clients & do you think they qualified?
  - Summarize your findings and recommendations to potential clients of this weight loss program
  
4. **Provide a list of references of where you obtained your information (2.5 points).** Use APA format, for more information you can view the PDF on Canvas.
5. **Prepare a 1 page handout and discussion (15 points)** discussing the very important points of your findings. Post handout on the discussion board on Canvas. Be prepared to answer questions and participate in discussions about these reviews. By sharing your summaries with each other, we will all expand our learning. Keep this short and succinct! You will be graded on the following categories:
  - Review of your program (10 points)
  - Knowledge of subject/ability to answer questions in the discussion, and answering questions posed to you (5 points)
6. **Discussion of Weight management reviews (10pt)**

During the week after the weight management reviews are posted you are required to make 3 comments on weight management program reviews, and these must occur on 2 separate days.

**Weight Management Research Paper - 100 points**

**This is a group project. Please collaborate with your Research Group classmates and upload one final document.** Choose a weight management topic you would like to know more about or think about a weight management question you would like answered. This assignment

will have you dive into the research regarding that topic. Once you have decided on a topic to explore it needs to be approved by me 2 weeks prior to the due date (**if it is not you will lose 20 points**). You will need to have 3-5 peer reviewed journal articles discussing your topic or answering your question. Also discuss how does this deepen your understanding, change or effect how you would counsel a weight management client. The research needs to be published within the last 10 years, a Reference page for all of your sighted articles in APA format. Length may vary depending on your chosen topic, between 3-5 pages, double-spaced. See the Assignments tab for more information on how to write a research paper, and grading elements.

***Important!!! Your weight management review paper and philosophy paper will automatically be submitted to Turnitin to check for plagiarism. For more information there is a Turnitin FAQ on our home page on Canvas.***

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#### **RULES AND REGULATIONS FOR THE DIVISION OF NUTRITION**

1. Picture I.D. is required for all exams, to be shown if the instructor requests verification.
2. Students can add any class through telephone registration during the first and second weeks of class.
3. Add/drop policy: A withdrawal is accomplished with a withdrawal form picked up by the student from the Registrar's Office. This form must be signed by the instructor and verified by the Division Director. The completed form is returned to the Registrar's Office, 250 Student Services Building. Please keep your receipts! **Last day to drop classes: Friday, September 4**
4. An "I" grade will be given only for mitigating circumstances. General guidelines include:
  - a) An illness (documented by a medical statement if desired by the instructor) that precludes the ability of the student to perform.
  - b) An accident or situation that prevents the student from physically being present (documentation may be required)
  - c) Extreme emotional and other mental circumstances that are severe enough to interfere with a student's normal academic performance.

Generally unacceptable reasons for an incomplete would be:

- a) The student is receiving a low grade and wants to retake the course another quarter for a higher grade.
- b) The student has not attended the course or has only attended sporadically and wants to "make-up" lost participation and assignments.
- c) The student is failing but doesn't want to repay when the course is repeated.

The student and instructor must sign a contract outlining remaining obligations and time frame for the completion of the "I".

#### RETROACTIVE WITHDRAWALS

Seldom is a grade "removed" from a student's transcript. Students go through a lengthy appeals procedure (refer to Academic Advising for more information on this) and must receive the approval of a faculty-staff committee.

#### REPEATING A COURSE

A student may repeat a course to improve a grade as long as the course is neither restricted nor unavailable. Only the grade the last time the student retakes the course will be compiled into the grade point. The original grade(s) in the course, however, remains on the transcript. Students have the responsibility to contact instructors to process necessary forms. Students are discouraged from leaving forms in the instructor's mailbox as they have been lost or misplaced in the past.

#### THE CODE OF STUDENT RIGHTS AND RESPONSIBILITIES

"The mission of the University of Utah is to educate the individual and to discover, refine and disseminate knowledge. The University supports the intellectual, personal, social and ethical development of members of the



University community. These goals can best be achieved in an open and supportive environment that encourages reasoned discourse, honesty, and respect for the rights of all individuals. Students at the University of Utah are encouraged to exercise personal responsibility and self-discipline and engage in the rigors of discovery and scholarship.”

The Code of Student Rights and Responsibilities includes the Student Bill of Rights, Standards of Academic Performance, and Standards of Behavior. This code addresses student rights as well as conduct relating to cheating, plagiarism, and theft among others. Students are referred to [www.saff.utah.edu/code.html](http://www.saff.utah.edu/code.html) for details of the code.

The University of Utah seeks to provide equal access to its programs, services and activities for people with disabilities. If you will need accommodations in the class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Olpin Union Building, 581-5020 (V/TDD). CDS will work with you and the instructor to make arrangements for accommodations.

All written information in this course can be made available in alternative format with prior notification to the Center for Disability Services.

#### ADDRESSING SEXUAL MISCONDUCT

*Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).*

#### University Safety Statement

The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit [safeu.utah.edu](http://safeu.utah.edu).