

Eastern Illinois University
New/Revised Course Proposal Format
(Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

Banner/Catalog Information (Coversheet)

1. ☐ New Course or ☒ Revision of Existing Course
2. Course prefix and number: FCS 4756
3. Short title: Adult Weight Management
4. Long title: Adult Weight Management
5. Hours per week: 3 Class 0 Lab 3 Credit
6. Terms: ☐ Fall ☐ Spring ☐ Summer ☒ On demand
7. Initial term: ☐ Fall ☐ Spring ☒ Summer Year: 2016
8. Catalog course description: Study of the economic and health impact of overweight/obesity on individuals, families, and communities as well as the application of weight management therapies for treatment.
9. Course attributes:
General education component: none
☐ Cultural diversity ☐ Honors ☐ Writing centered ☐ Writing intensive ☐ Writing active
10. Instructional delivery
Type of Course:
☒ Lecture ☐ Lab ☐ Lecture/lab combined ☐ Independent study/research
☐ Internship ☐ Performance ☐ Practicum/clinical ☐ Other, specify: _____
Mode(s) of Delivery:
☐ Face to Face ☒ Online ☐ Study Abroad
☐ Hybrid, specify approximate amount of on-line and face-to-face instruction _____
11. Course(s) to be deleted from the catalog once this course is approved. None
12. Equivalent course(s): none
 - a. Are students allowed to take equivalent course(s) for credit? ☐ Yes ☐ No
13. Prerequisite(s): FCS 2100 and BIO 2001G
 - a. Can prerequisite be taken concurrently? ☐ Yes ☒ No

b. Minimum grade required for the prerequisite course(s)? D

c. Use Banner coding to enforce prerequisite course(s)? ☒ Yes ☐ No

d. Who may waive prerequisite(s)?

☐ No one ☐ Chair ☒ Instructor ☐ Advisor ☐ Other (specify)

14. Co-requisite(s): none

15. Enrollment restrictions

a. Degrees, colleges, majors, levels, classes which may take the course: Anyone who meets the prerequisites.

b. Degrees, colleges, majors, levels, classes which may not take the course: Those who do not meet the stated prerequisites and student class standing.

16. Repeat status: ☒ May not be repeated ☐ May be repeated once with credit

17. Enter the limit, if any, on hours which may be applied to a major or minor: 3

18. Grading methods: ☒ Standard ☐ CR/NC ☐ Audit ☐ ABC/NC

19. Special grading provisions:

☐ Grade for course will not count in a student's grade point average.

☐ Grade for course will not count in hours toward graduation.

☐ Grade for course will be removed from GPA if student already has credit for or is registered in:

☐ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: _____

20. Additional costs to students:

Supplemental Materials or Software none required

Course Fee ☒ No ☐ Yes, Explain if yes _____

21. Community college transfer:

☐ A community college course may be judged equivalent.

☒ A community college may not be judged equivalent.

Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

Rationale, Justifications, and Assurances (Part I)

1. ____ Course is required for the major(s) of _____
 ____ Course is required for the minor(s) of _____
 ____ Course is required for the certificate program(s) of _____
X Course is used as an elective
2. **Rationale for proposal:** This course was originally designed in 2007 for undergraduate and graduate dietetic students. Since this time, the need for the course has grown due to the growing rates of obesity. By converting this course to the online format, enrollment could increase.
3. **Justifications for (answer N/A if not applicable)**

Similarity to other courses: The content of this course is discussed briefly in several undergraduate nutrition and health courses as well as in the Nutritional Decisions and Dilemmas senior seminar (EIU 4151). However, the depth of information and the focus on just adult weight management as presented in this course is not similar to existing courses.

Prerequisites: FCS 2100 and BIO 2001G. The successful completion of an introductory nutrition class is necessary as the information presented in this course builds on a foundational knowledge of nutrition and physiology.

Co-requisites: N/A

Enrollment restrictions: N/A

Writing active, intensive, centered: N/A

4. **General education assurances (answer N/A if not applicable)**

General education component: N/A

Curriculum: N/A

Instruction: N/A

Assessment: N/A

5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**

Online or hybrid delivery justification: Online delivery of this course is justified by the following: 1. potential increase in enrollment in this course and is supported by our School's recruitment initiatives; 2. credible electronic materials are readily available to the students at no cost which lends the course to being successful online; and 3. the online delivery increases the flexibility and accessibility of this course to our students, both traditional and non-traditional.

Instruction: Students will be assigned a discussion question or reflection each week concerning the material covered. They will also be required to post a response to at least one other student's

response. A discussion rubric will be used to evaluate the content of the discussion. Each of the modules will require students to read the assigned materials, view presentations (powerpoints with audio and/or videos), and complete related discussions. Instructors teaching online offerings will be trained/qualified as per university guidelines (e.g., OCDI).

Integrity: The instructor will correspond with each student on a regular basis. Each posting on the discussion board will reflect the student's name and will be monitored carefully. The discussions will be structured in a manner that will allow for the integration of the materials on a deeper level. Turnitin plagiarism software will be used to help ensure original and authentic written work.

Interaction: Each student will be interacting directly with each other via D2L. Discussion boards, email, chat rooms and assignment boxes will be used for direct communication. Students will also have the opportunity to correspond through telephone or in person on campus, if they so desire.

Model Syllabus (Part II)

1. Course number and title: FCS 4756 Adult Weight Management
2. Catalog description: Study of economic and health impact of overweight/obesity on individuals, families, and communities as well as the application of weight management therapies for treatment.
3. Learning Objectives

Upon completion of this course, students will be able to

- a. Explain economic, mental, and physical costs of obesity on society. (CT 1-6, WR 1-7, SL 3, GLG a-d)
- b. Analyze the causes/theories of obesity. (CT 1-5, WR 1-7, SL 3, GLG a-d)
- c. Assess and interpret measures of obesity. (CT 1-5, WR 1-7, SL 3, QR 1-2, GLG a, b, c)
- d. Evaluate a variety of weight management therapies to create individualized weight management programs. (CT 1-5, WR 1-7, SL 3, GLG a-d)
- e. Use effective education, motivational interviewing, and counseling skills to facilitate behavior change. (CT 1-5, WR 1-7, SL 3, RC 3, GLG a-d)

Upon completion of this course, graduate students will be able to apply the information learned in the development of an educational weight loss program for adults. (GLG a-d)

4. Kazaks, A.G. & Stern, J.S. (2013). *Nutrition and Obesity: Assessment, Management, and Prevention*. Jones and Bartlett Publishers, Inc.

5. Weekly Outline of Content: The course will be divided into 9 modules of learning spanning the entire 15 week semester.

Module	Topic	Contact Hours
1	Overview of Overweight and Obesity, including history, prevalence, and public policies	2.5
2	Cost of Overweight and Obesity, including economic, social, physical, and health care	5
3	Obesity theories and causes	5
4	Assessment and Evaluation of Overweight and Obesity	5

5	Overview of Treatment Modalities	2.5
6	Nutrition Therapy, including behavior modification, motivational interviewing, nutrition education, fad diets, Healthy at Every Size philosophy, and commercial programs.	7.5
7	Exercise Therapy, including effects of physical activity and the build environment	2.5
8	Pharmacotherapy, including non-prescription and prescription medications	2.5
9	Surgical Therapies	3.5
	Mid-term examination	1.5
	Total hours	37.5
	Final examination	2.5

6. Assignments and evaluation, including weights for final course grade.

Discussions/reflections	115 points
Case scenarios	50 points
Exams	150 points
Diet Evaluation Project	100 points
Diet Book Review	45 points
Legislative Brief	<u>40 points</u>
Undergraduate total point	500 points
Education Weight Loss Program	<u>100 points</u>
	600 points

7. Grading Scale

90-100% A	80-89% B	70-79% C	60-69% D	<60% F
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8. Correlation of learning objectives to assignments and evaluation.

Course Objective	Discussions/ Reflections	Case Scenarios	Exams	Book Review	Legislative Brief	Educational Program
Explain economic, mental, and physical costs of obesity on society	X		X		X	X
Analyze the causes/theories of obesity	X		X			X
Assess and interpret measures of obesity	X	X	X			X
Evaluate a variety of weight management therapies to create individualized weight management programs	X	X	X	X		
Use effective education, motivational interviewing, and counseling skills to facilitate behavior change	X		X	X		X
apply the information learned in the development of an educational weight loss program for adults (graduate only)						X

Date approved by the SFCS Curriculum Committee: October 15, 2015
Date approved by the LCBAS Curriculum Committee: November 10, 2015

Date approved by CAA:

Date approved by CGS: