

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

CGS Agenda Item: 18-18 Effective Fall 2018

Banner/Catalog Information (Coversheet)

1. ☐ New Course or ☒ Revision of Existing Course
2. Course prefix and number: FCS 5159
3. Short title: Adult Weight Management
4. Long title: Behavior Modification for 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: 2018
8. Catalog course description: Plan, promote, implement, and evaluate nutrition education program for various community groups.

9. Course attributes:

General education component: ☐ N/A

☐ 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. FCS 4756

12. Equivalent course(s): N/A

a. Are students allowed to take equivalent course(s) for credit? ☐ Yes ☒ No

13. Prerequisite(s): FCS 2100 Personal Nutrition

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: All who meet the prerequisite.

b. Degrees, colleges, majors, levels, classes which may not take the course: Those who don't meet the prerequisite.

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 _____

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.

1. x Course is required for the major(s) of MS in Nutrition and Dietetics: Nutrition Education
Option

Course is required for the certificate program(s) of _____

2. Rationale for proposal. This course proposal was written due to the change in the level from FCS 4756 to the proposed FCS 5159 number. Course content has been changed minimally.

Similarity to other courses: Behavior modification theories and weight management strategies are discussed in various nutrition, health, and exercise science courses. However, there is not a course on campus that thoroughly examines adult weight management in its totality.

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

Enrollment restrictions: None

Writing active, intensive, centered: N/A

General education component: N/A

Curriculum: N/A

Instruction: N/A

Assessment: N/A

Online or hybrid delivery justification: Online course delivery, as dictated by program need, is a responsive approach to recruitment and retention of students. An online course section allows students more flexibility in their scheduling without compromising the integrity or rigor of the class. The online option of the MS in Nutrition and Dietetics: Nutrition Education Option necessitates the online delivery of this course.

Instruction: Lectures from the face-to-face courses may be recorded and posted online for students to view. Other online components (e.g., tutorials, videos, discussions) will be included. All faculty who will deliver this course online are/will be OCDI (or appropriate equivalent) trained.

Integrity: The integrity of the course will not be compromised by offering an online mode of delivery. The online version of the course will utilize the same PowerPoint lectures (with slides regularly complemented by audio/video aids) and exams will include the same content and allotted time (e.g.,

Respondus Lockdown browser can be enabled). Academic integrity of written work will be preserved and monitored for originality and authenticity with the most current technology available. Student written work may be compared to discussion board content to monitor authenticity.

Interaction: At the discretion of the faculty, provisions and requirements would vary but generally will utilize Email, chat rooms, discussion boards, assignment drop boxes, telephone, and on-line office hours. Students will participate in online discussion boards through their own posts in response to their peer students and to the instructor. In addition to responding to students' posts, the instructor will monitor discussion board posts to ensure that a respectful, professional, and academic tone is maintained.

Model Syllabus (Part II)

Please include the following information:

1. Course number and title: FCS 5159 Behavior Modification for 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 courses, students will

- a. explain the economic, mental, and physical costs of obesity on society. (a-d)
- b. analyze the causes/theories of obesity. (a,b,d)
- c. assess and interpret measures of obesity. (a,b,d)
- d. evaluate a variety of weight management therapies to create individualized weight management programs. (a-d)
- e. use effective education, motivational interviewing, and counseling skills to facilitate behavior change. (a-d)

Graduate Learning Goals

- Depth of content knowledge (a)
Effective critical thinking and problem solving (b)
Effective oral and written communication (c)
Advanced scholarship through research or creative activity (d)

4. Course materials.

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

5. Weekly outline.

Weeks	Topic	Contact Hours
1	Overview of Overweight and Obesity, including history, prevalence, and public policies	2.5
2-3	Cost of Overweight and Obesity, including economic, social, physical, and health care	5
4-5	Obesity theories and causes	5
6-7	Assessment and Evaluation of Overweight and Obesity	5
8	Overview of Treatment Modalities/ Mid-term Examination	2.5
9-11	Nutrition Therapy, including behavior modification, motivational interviewing, nutrition education, fad diets, Healthy at Every Size philosophy, and commercial programs.	7.5
12	Exercise Therapy, including effects of physical activity and the build environment	2.5
13	Pharmacotherapy, including non-prescription and prescription medications	2.5
14-15	Surgical Therapies	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 Book Review	45 points
Facilitating Behavior Change Program	100 points
Legislative Brief	<u>40 points</u>
	500 points

7. Grading scale

- A: 90%-100%
- B: 80%-89%
- C: 70%-79%
- D: 60%-69%
- F: 59% and below

8. Correlation of learning objectives to assignments and evaluation.

Course Objective	Discussions/ Reflections	Case Scenarios	Exams	Book Review	Legislative Brief	Program
a	X		X		X	X
b	X		X			X
c	X	X	X			X
d	X	X	X	X		
e	X		X	X		X

Date approved by SFCS Curriculum Committee: November 30, 2017

Date approved by LCBAS Curriculum Committee: 01/30/18

Date approved by CGS: