

KIN517 Pathophysiology and Treatment of Obesity  
Winter Term  
Online

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Office Hours:

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**Course Description:** This course is a review of the scientific literature related to the development and treatment of obesity. The development and treatment of atherosclerosis and diabetes, two diseases highly correlated with the obesity will also be covered in this class. Various prevention and treatment options for these conditions will be discussed but the role of exercise will be the primary focus.

**Required Textbooks:** There are no required textbooks for this class. All reading materials will be posted on BlackBoard.

**Intellectual Property:** This syllabus, and all course-related materials, are the intellectual property of Dr. Smith and/or SIUE. Students who give or sell this syllabus or course-related materials, without the written permission of Dr. Smith to any outside agency or person who is not currently enrolled in this class or at SIUE, will be in violation of the University's code of conduct and may be subject to disciplinary action, including but not limited to, immediate removal from the class.

**Course Objectives:** Following the completion of KIN517, the student is expected to be able to demonstrate the knowledge, skills and abilities required to do the following.

1. Understand the concept of energy balance and its role in the development and treatment of obesity.
2. Gain an understanding of the current obesity epidemic and understand how it developed.
3. Understand the pathophysiology of obesity
4. Develop an understanding of dietary and medical treatment options for obesity
5. Develop an understanding for the role of exercise in the prevention and treatment of obesity
6. Develop an understanding for the role of sedentary behavior in the prevention and treatment of obesity
7. To gain an understanding of the current childhood obesity epidemic

**Expectations:** Lecture materials and readings will be available at least one week prior to their presentation. You will be expected to go through these lectures and reading assignments and be prepared to take a 10-20 question quiz over each major topic and/or participate in a discussion board post. Discussion board posts must be completed 24 hours of completion of a topic and Quizzes must be completed within 48 hours of completion of a topic. You will have the opportunity to work ahead if time permits.

**Criteria for Discussion Board Grading:** Everyone will be expected to contribute in a timely fashion to each posted discussion topic. You will be required to post an original response and to respond to a minimum of two responses. You will have 24 hours to post your original response and to respond to others following the completion of a topic. Due dates will be clearly noted on Black Board and are listed in the syllabus. You are responsible for knowing the due dates of all discussion board posts. Approximately 30% of your final grade will be based upon your Discussion Board Responses.

**Lectures:** There will be at least one PowerPoint presentation for each topic. For many of these topics, there will also be a web link that will allow you to listen/watch me discuss the slides. Some PowerPoint presentations will have audio already associated with them. Some PowerPoint presentations will have notes associated with each slide and no audio associated with them.

**Assignments:**

1. Text readings: Students are expected to read all assigned materials.
2. Quizzes (15-20 pts each): There will be a 15-20 point quiz over most discussion topics.
3. Discussion Boards (12-15 pts each): There will be 6-9 topics presented for discussion.

### **Course Policies:**

**Plagiarism:** “Plagiarism includes either presenting someone else’s words without quotation marks (even if you cite the source) or presenting someone else’s ideas without citing that source.” If you plagiarize, your instructor cannot evaluate your understanding of the topic. When paraphrasing from another source, at the very least the student should change the wording, sentence syntax, and order of ideas presented in the paper. Ideally, the student will integrate ideas from multiple sources while providing critical commentary on the topic in a way that clearly identifies whether words and ideas are those of the student or are from another source.

Plagiarism is one type of academic misconduct described in SIUE's Student Academic Code. University policy states that “Normally a student who plagiarizes shall receive a grade of F in the course in which the act occurs. The offense shall also be reported to the Provost.” The University policy discusses additional academic sanctions including suspension and expulsion from the University. Please review the SIUE policy regarding plagiarism at <http://www.siu.edu/policies/1i6.shtml>.

**Honor Code:** All SIUE students are presumed upon enrollment to have acquainted themselves with and have an understanding of the Honor System. Therefore, it is a student’s responsibility to ask course instructors to clarify expectations for each assignment in order to be in compliance with the Honor System.

**Students with Disabilities:** Students needing accommodations because of medical diagnosis or major life impairment will need to register with **Accessible Campus Community & Equitable Student Support (ACCESS)** and complete an intake process before accommodations will be given. Students who believe they have a diagnosis but do not have documentation should contact ACCESS for assistance and/or appropriate referral. The ACCESS office is located in the Student Success Center, Room 1270. You can also reach the office by e-mail at [myaccess@siue.edu](mailto:myaccess@siue.edu) or by calling 618.650.3726. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at [www.siu.edu/access](http://www.siu.edu/access).

**SIUE Student Conduct Policy:** According to University policy, students are expected to conduct themselves in an orderly and cooperative manner (refer to the SIUE Undergraduate Bulletin University Policies and Procedures).

### **Course Grading:**

### **Grading Scale:**

	MAX Points		Grade	Percentage	
Discussion Boards (4): 20 pts each	80 points		A	90-100%	
Quizzes (8): 15-20 points each	160 points		B	80-89.99%	
			C	70-79.99%	
Total points	240 points		D	60-69.99%	
			F	<60%	

\*Total number of discussion boards and quizzes to be determined by the instructor. Total points will be adjusted accordingly.

### **Please NOTE:**

- Percentages are based on total points earned divided by points available for the course (TBD). (please note total points available is variable per instructors choice)
- Individual extra credit **WILL NOT** be available.
- Recently updated University Policies [1I9, Class Attendance Policy](#), and [1J1, Grading System](#)

**Late Assignments:** If you miss a deadline for a Discussion Board Post, you will automatically receive a **25% deduction**. If you miss a due date on a Quiz, you will automatically receive a **25% deduction** on the first missed quiz. This penalty will be increased to a **50% deduction** for the second missed quiz and all subsequent missed quizzes. This is a fast paced class and it is your responsibility to be aware of all due dates. If there are changes to due dates, I will send out an announcement as well as an email and will make the changed date quite clear on BlackBoard.

**Communication:** If you have a question about a topic or assignment, please post your question in the “conversation” video. I will respond ASAP. If you have a general question about the class, please feel free to email me directly.

**Discussion Boards:** Student participation will take place through discussion board activities. Discussion board posts will be in a video format. You will record your response to a question, upload the video to TechSmith, create a “conversation” in your video and you will post a link to that “conversation” into the discussion board.

You will need to watch the responses of your fellow group members and you will be required to post a question/comment to at least two different group members. You will also be required to post a follow-up to at least two questions/comments that you get in regards to your original post. One of those follow-up response must be to my question/comment.

“Good Job”, “I agree with that comment”, or “I disagree with that comment” are not complete posts. You must provide justification for your responses to your classmate’s comments.

### **Discussion Board Grading Rubric:**

Criteria	Unsatisfactory (1 pt)	Satisfactory (2 pts)	Exemplary (3 pts)
Quantity and Timeliness	Does not submit at least one initial response early in the session and/or does not submit at least two peer response during the session	Submits at least one initial response early in the session and at least two peer responses during the session.	Submits one initial response early in the session, and two or more thoughtful peer responses early in the session, and more than one peer responses closer to the end of the session
Demonstrates knowledge and understanding of the content	Post(s) and responses show little evidence of knowledge and understanding of course content.	Post(s) and responses show evidence of knowledge and understanding of course content.	Post(s) and responses show evidence of knowledge and understanding of course content and include other resources that extend the learning of the community.
Generates learning within the community	Posts do not attempt to elicit responses and reflections from other learners and/or responses do not build upon the ideas of	Posts attempt to elicit responses and reflections from other learners and responses build upon the ideas of other	Posts elicit responses and reflections from other learners and responses build upon and integrate multiple views from

	other learners to take the discussion deeper.	learners to take the discussion deeper	other learners to take the discussion deeper.
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### **Tips for taking Quizzes on Blackboard:**

1. Don't use a wireless connection unless you have to. If you use a wireless connection use a connection that you trust (i.e. at home). Do NOT use public Wi-Fi to take a quiz. Do NOT take quizzes on tablets, iPads, or phones.
2. Do not take the quiz until you are fully prepared. Although you can use your materials to take the quiz, the quizzes will have a time limit. You will not have time to look up every answer. You can expect to have ~90 seconds to answer each question.
3. Do NOT use the browsers back button use the BlackBoard navigation buttons.
4. Save your answer before moving to the next question.
5. You must click the "Save and Submit" button at the end of the test to submit your quiz for grading.

**Content Folders:** On Blackboard there is a content folder under "Coursework" for each topic. All reading materials, lecture slides, discussion board links, and assessment will be in that folder as well.

**Schedule:**

<i>Daily Schedule Winter Term 2022-23</i>		
<i>Day/Date</i>	<i>Topic</i>	<i>Assignment(s) Due</i>
Monday 12/19	Introduction	<b>Intro Video</b>
Tuesday 12/20	T1-Obesity Epidemic	<b>T1: DB Posts</b>
Wed 12/21	T2-Energy Balance	<b>T1: DB Responses, T2: DB Posts</b>
Thursday 12/22	T3-Dietary Treatments of Obesity	<b>T2: DB Responses, T2: Quiz</b>
Friday 12/23	T4-Surgical & Medical Treatments of Obesity	<b>T3: DB Post, T3: Quiz,</b>
Monday 12/26	<b>NO TOPIC</b>	<b>T3: DB Reponses, T4:Quiz</b>
Tuesday 12/27	T5-Role of Exercise in Obesity Management	<b>T5: DB Post</b>
Wed 12/28	T6-Measurement of Energy Expenditure	<b>T5: DB Reponses,</b>
Thursday 12/29	T7-Measurement of Body Composition	<b>T6:Quiz</b>
Friday 12/30	<b>NO TOPIC</b>	<b>T7:Quiz</b>
Monday 1/02	<b>NO TOPIC</b>	<b>OPEN DAY</b>
Tuesday 1/03	T8-Measurement of Energy Intake	<b>T8: Quiz</b>
Wed 1/04	T9- Childhood Obesity	<b>T9: DB Post</b>
Thursday 1/05	T10- Sedentary Behavior and Obesity	<b>T9: DB Reponses, T10 DB Post</b>
Friday 1/06	<b>NO TOPIC</b>	<b>T10: DB Reponses, T10: Quiz</b>