

COURSE SYLLABUS
Southeast Missouri State University

Department of: Health, Human Performance, and Recreation **Course No.** HL 346

Course Title: Weight Management Principles and Practices **New:** Spring 2003

Department Approved: September 12, 2002
College Council Approved: November 7, 2002

I. Catalog Description and Credit Hours of Course: The scientific principles of weight management with an emphasis on lifestyle modification for improving health. (3)

II. Prerequisites:

HL 331 & HL 332 or consent of instructor

III. Course Objectives: Upon completion of the course the student will be able to:

- A. Compare and contrast the different measures of obesity in terms of accuracy, ease of administration and clinical use.
- B. Analyze the prevalence data concerning obesity at the state, regional and national level.
- C. Describe the health risks and problems associated with obesity.
- D. Differentiate the different theories of obesity.
- E. Explain the role of nutrition/diet in the treatment of obesity.
- F. Explain the role of physical activity and exercise including resistance training in the treatment of obesity.
- G. Understand and apply behavioral theory as it applies to weight loss.
- H. Design appropriate weight loss programs for adults and children.
- I. Discuss the relevance of the professional position stands on obesity.
- J. Analyze the commercial weight loss programs.
- K. Describe pharmacological interventions used for the treatment of obesity.
- L. Describe surgical interventions used for the treatment of obesity.

M. Analyze health claims regarding weight loss products and programs.

IV. Expectations of the Student:

A. Each student will complete all examinations and assignments.

B. Each student will participate in all class activities.

C. Each student will complete all out-of-class reading and research assignments.

V. Course Content:

Hours

A.	Introduction – the Measurement of Obesity	4
B.	Prevalence of Obesity and Related Conditions	5
	1. Prevalence of Obesity and Overweight	
	2. Prevalence of CVD and Obesity	
	3. Prevalence of various Cancers and Obesity	
	4. Prevalence of NIDDM and Obesity	
	5. Prevalence of HTN and Obesity	
C.	Health Risks associated with Obesity	6
	1. Cardiovascular Disease	
	2. Cancers	
	3. Hypertension	
	4. Hyperlipidemia/hypercholesterolemia	
	5. Osteoarthritis	
	6. Psychological	
D.	Eating Disorders	3
	1. Anorexia Nervosa	
	2. Bulimia Nervosa	
	3. Anorexia Athletica	
	4. The Female Athletic Triad	
E.	Scientific Principles of Weight Loss	12
	1. The Role of Nutrition/Diet and the “non dieting approach”	
	2. The role of Exercise/Physical Activity	
	a. Aerobic Exercise	
	b. Resistance Training	
	3. The role of Behavior Change	
F..	ADA/ACSM/AMA Position Stands	3

G.	Weight Loss Programs	3
1.	Commercial Weight Loss Programs	
a.	Biometrics	
b.	Jenny Craig	
c.	Nutrasystem	
d.	Weight Watchers etc	
2.	Non-Commercial Weight Loss Programs	
a.	Medifast	
b.	Optifast	
3.	Non-Commercial Support Groups	
a.	Taking Off Pounds Sensibly (TOPS)	
b.	Overeaters Anonymous	
H.	Pharmacological, Surgical & Inpatient Interventions	5
I.	Health Fraud and Weight Loss Products and Programs	3
J.	The Future of Weight Loss	1
	Total Hours:	45

VI. Textbook (s):

Bouchard, C. (Ed) (2000). *Physical activity and obesity*.
Champaign, IL: Human Kinetics.

or:

Brownell, K.D. & Wadden T.A. (1999). *The LEARN[®] Program for weight control: special medication edition*. Dallas: American Health Publishing

Additional Resources:

Alexander, J.L. (2002). The role of resistance exercise in weight loss. *Strength and Conditioning Journal*, 24(1), 65-69.

American College of Sports Medicine/American Dietetic Association. (2000). Position Stand: Nutrition and athletic performance joint. *Medicine and Science in Sports and Exercise*, 32, 2130-2145.

American College of Sports Medicine. (2000). Position Stand: Proper and improper weight loss programs. *Medicine and Science in Sports and Exercise*, 32, 2130-2145

American College of Sports Medicine. (2001). Position Stand: Appropriate intervention strategies for weight loss and prevention of weight regain for adults. *Medicine and Science in Sports and Exercise*, 33, 2145-2156.

- American Dietetic Association. (2002). Position Statement: Weight management. *Journal of the American Dietetic Association*, 102(8), 1145-1154.
- Blair, S.N., & Brodney, S. (1999). Effects of physical inactivity and obesity on morbidity and mortality: current evidence and research issues. *Medicine and Science in Sports and Exercise*, 33(11), S646-662.
- Crespo, C.J., Smit, E., Troiano, R.P., Bartlett, S.J., Macera, S.A. & Andersen, R.E. (2001). Television watching, energy intake, and obesity in US children: Results from the Third National Health and Nutrition Examination Survey, 1988-1994. *Archives of Pediatrics & Adolescent Medicine*, 155, 360-365.
- Glazer, G. (2001). Long-term pharmacotherapy of obesity. *Archives of Internal Medicine*, 161, 1814-1824.
- Glenny, A.M., O'Meara, S., Sheldon, T.A., & Wilson, C. (1997). The treatment and prevention of obesity: a systematic review of the literature. *International Journal of Obesity*, 21, 715-737.
- Grundy, S.M., Blackburn, G., Higgins, M., Lauer, R., Perri, M.G., & Ryan, D. (1999). Physical activity in the prevention and treatment of obesity and its comorbidities. *Medicine and Science in Sports and Exercise*, 33(11), S502-S508.
- Hill, J.O. & E.L. Melanson. (1999). Overview of the determinants of overweight and obesity: current evidence and research issues. *Medicine and Science in Sports and Exercise*, 33(11), S515-521.
- Koplan, J.P. & W.H. Dietz.(1999). Caloric imbalance and public health policy. *The Journal of the American Medical Association*, 282(16), 1579-1581.
- Mokdad, A.H., Bowman, B.A., Ford, E.S., Vinicor, F, Marks, J.S., & Koplan, J.P. (2001). The continuing epidemics of obesity and diabetes in the United States. *The Journal of the American Medical Association*, 286(10), 1195-2000.
- Must, A., Spandano, J., Coakley, E.H., Field, A.E., Colditz, G. & Dietz, W.H. (1999). The disease burden associated with overweight and obesity. *The Journal of the American Medical Association*, 282(16), 1523-1529.
- The National Institutes of Health: National Heart, Lung, and Blood Institute (1998). *Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults*. NIH publication 98-4083.
- The National Task Force on the Prevention and Treatment of Obesity (2000). Overweight, Obesity and Health Risk. *Archives of Internal Medicine*, 160, 898-904.

U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General. (2001). *The Surgeon General's call to prevent and decrease overweight and obesity* (DHHS Publication No 02NLM:WD 210 S593). Washington, DC: U.S. Government printing Service.

Wadden, T.A., Berkowitz, R.I., Sarwer, D.B., Prus-Wisniewski, R. & Steinberg, C. (2001). Benefits of lifestyle modification in the pharmacologic treatment of obesity: a randomized trial. *Archives of Internal Medicine*, 61(161), 218-227

Weigh, M., Kampert, J.B., Barlow, C.E., Nichman, M.Z., Gibbons, L.W., Paffenbarger, R.S., & Blair, S.E. (1999). Relationship between low cardiorespiratory fitness and mortality in normal-weight, overweight, and obese men. *The Journal of the American Medical Association*, 282(16), 1547-1553.

Yanovski, J.A., & Yanovski, S.Z. (1999). Recent advances in basic obesity research. *The Journal of the American Medical Association*, 282(16), 1504-1506.

VII. Basis for Student Evaluation:

Examinations	60%
Research Assignments	20%
Research Paper or Presentation	20%