1. Submitted by the College of Health Sciences  Date: 28 May 2004

Department/Division offering course: Department of Clinical Sciences/Division of Clinical Nutrition

2. Proposed designation and Bulletin description of this course:
   (a) Prefix and Number CNU 502
   (b) Title* Obesity C2C: Cell to Community (subt. req.)
   *NOTE: If the title is longer than 24 characters (including spaces), write a sensible title (not exceeding 24 characters) for use in transcripts: Obesity: Cell-Community
   (c) Lecture/Discussion hours per week  2
   (d) Laboratory hours per week  0
   (e) Studio hours per week  0
   (f) Credits  2
   (g) Course description: This course will provide an overview of the obesity epidemic from an applied clinical as well as public health perspective. Topics to be covered include etiology, pathophysiology, evaluation, treatment, management, and prevention of obesity throughout the lifecycle.
   (h) Prerequisites (if any):
   (i) May be repeated to a maximum of (if applicable)

4. To be cross-listed as: N/A
   Prefix & No. 
   Signature, Chairman, cross-listing department

5. Effective Date: Spring 2005
   (semester and year)

6. Course to be offered  (a) Fall  (b) Spring X  (c) Summer

7. Will the course be offered each year?  (a) Yes  (b) No X
   (Explain if not annually): This course will be offered as an elective and will be offered every other year in rotation with other CNU courses which are currently offered. Should student demand for the course increase, it could be offered on a yearly basis.

8. Why is this course needed: The current epidemic of obesity in our Commonwealth, nation, and world requires us to train individuals in health care professions, including nutrition and dietetics, health education, physical fitness, exercise physiology, kinesiology, and/or wellness to be better equipped to address this epidemic. This course will cover the essential information necessary regarding the overall management of obesity in an individual, from its etiology, pathophysiology, evaluation, treatment, management, as well as considerations in its prevention. Obesity-related issues during the lifecycle will also be presented for their management as well as prevention. By providing future health care professions and those in other related fields the necessary information to address this epidemic, this epidemic in turn, may be reduced and eventually obliterated.

9. (a) By whom will the course be taught? Maria G. Boosalis, Ph.D., MPH, R.D., L.D., Associate Professor, Div of Clinical Nutrition
   (b) Are facilities for teaching the course now available?  (a) Yes x  (b) No
   If not, what plans have been made for providing them?
APPLICATION FOR NEW COURSE

10. What enrollment may be reasonably anticipated? 10-20 students

11. Will this course serve students in the Department primarily? (a) Yes  (b) No X

Will it be of service to a significant number of students outside the Department? (a) Yes X  (b) No
If so, explain Students across campus in various health professions programs (dietetics, nursing, medicine, dentistry, pharmacy, public health) along with students in kinesiology/health promotion/wellness, athletic training, rehabilitation sciences, physical therapy and nutritional sciences to name a few—may all benefit by this course. In addition, students in our own department (e.g., physician assistant program) may also benefit from this course—given the widespread nature of the obesity epidemic.

12. Check the category most applicable to this course:

   X relatively new, now being widely established

   not yet to be found in many (or any) other universities

13. Is this course part of a proposed new program? (a) Yes  (b) No X

14. Will adding this course change the degree requirements in one or more programs?* (a) Yes  (b) No X

If yes, explain the change(s) below:

15. Attach a list of the major teaching objectives of the proposed course, outline and/or reference list to be used.

16. If the course is a 100-200 level course, please submit evidence (e.g., correspondence) that the Community College System has been consulted. N/A

17. Within the Department, who should be contacted for further information about the proposed course?
Name/e-mail: mgboos01@uky.edu  Phone Extension: 323.1100 x80863

*NOTE: Approval of this course will constitute approval of the program change unless other program modifications are proposed.
APPLICATION FOR NEW COURSE

Signatures of Approval:

[Signature]
Department Chair

[Signature]
Dean of the College

[Signature]
*Undergraduate Council

[Signature]
*University Studies

[Signature]
*Graduate Council

[Signature]
*Academic Council for the Medical Center

[Signature]
*Senate Council

*If applicable, as provided by the Rules of the University Senate

Date
12-1-04

Date

Date of Notice to the Faculty
1-18-2005

Date

Date

Date

Date of Notice to Univ. Senate
12-17-04

ACTION OTHER THAN APPROVAL:

CNU 502

Rev 11/98
Course Syllabus

CNU 502- Obesity C2C: Cell to Community

The current epidemic of obesity in our Commonwealth, nation, and world requires us to train individuals in health care professions, including nutrition and dietetics, health education, physical fitness, exercise physiology, kinesiology, and/or wellness to be better equipped to address this epidemic. This course will cover the essential information necessary regarding the overall management of obesity in an individual, from its etiology and mechanisms (cell to environment), nutritional assessment, medical nutrition therapy, as well as considerations in its prevention. Obesity-related issues during the lifecycle will also be presented for their management as well as prevention. By providing future health care professions and those in other related fields the necessary information to address this epidemic, this epidemic in turn, may be reduced and eventually obliterated.

Overall objectives: The objectives of this course are to educate students regarding the diverse aspects of the obesity epidemic in our Commonwealth, nation, and world, beginning at the level of the adipose cell to the applied, clinical and necessary approach for obesity’s management, treatment and prevention in the individual as well as the public health community.

Course description: This course will cover the essential information necessary regarding the overall management of obesity in an individual, from its etiology, contributing mechanisms, pathophysiology, evaluation, assessment, medical nutrition therapy, as well as considerations in its treatment and prevention throughout the lifecycle. The latter aspects will include individual as well as public health/community approaches.

Teaching Objectives: The student upon completion of this course will be able to:

1. Understand the complex nature of the obesity epidemic, including its etiology and contributing mechanisms.

2. Describe the pathophysiology associated with obesity and the implications of these pathologies for health and well-being.

3. Define the principles of energy balance and regulation and the adipose cell as an endocrine organ.

4. Evaluate, assess and develop a treatment plan for an overweight or obese individual appropriate for their age (lifecycle stage)

5. Describe various strategies for the prevention of obesity in an individual as well as at the community level during various lifecycle

Attendance Expectations: Students are expected to attend all classes.

Course Evaluations:
Mid Term Exam 35%
Final Exam 65% (will cover entire course)

Examination Format: Both the mid term exam and the final exam will be a mix of short answer, fill in the blanks and/or essay style questions. The final exam will require integration of material from the entire course and specific problems addressed will be derived from material covered throughout the whole course.
Questions involving essay style format will be marked for organization, logical development of ideas, grammar and spelling.

**Lectures – Course Topics**

The course will be divided into three sections with the following distributions:

25% of course (Lectures 1-4; ~8 hours of lectures) will include an overview of the obesity epidemic, contributing mechanisms and etiologies including adipose cell as endocrine organ, energy balance and appetite regulation.

50% of course (Lectures 5-11; ~14 hours of lectures) will include all necessary components involved with the evaluation, assessment, and treatment of an overweight and/or obese individual throughout all stages of the lifecycle (pediatrics, adolescents, adults, elders). Treatment options to be covered include behavioral, lifestyle approach, fad diets, drug options, role of exercise, stress management.

25% of course (Lectures 12-15; ~8 hours of lectures) will cover prevention of overweight/obesity in individuals throughout the lifecycle from a public health/public policy/community approach. Review of current policies used as well as generation of other community/public health interventions will be explored.

Policies related to excused absences, cheating/plagiarism, withdrawal, incomplete, final exams, and common exams can be found in your copy of *Student Rights and Responsibilities*.

**Course Reference Materials:**


The Undergraduate Council reviewed the following programs and proposals and submits the following recommendations to the Graduate and Senate Councils.

**BS Degree Programs in College of Agriculture** – Phil Kraemer
The College of Agriculture requests a minimum of 120 credit hours for each of its BS programs.
**Action:** Approved

**GLY 550 – Fundamental Geophysics (3)**
Survey of active geophysical measurements and passive geophysical observations and their relation to Earth’s structure and composition. Investigation of the relationship between Earth’s elastic, potentiometric, and thermodynamic properties and traditional geophysical methods for measurement (e.g., gravity, magnetics, seismic, and heat flow). Material will help students improve their quantitative problem-solving abilities, but will also emphasize the visual learning skills commonly developed in the broader geology curricula.
**Prereq:** MA 113, PHY 211 or 213 or consent of instructor.
**Action:** Approved

**CNU 501 – Nutraceuticals and Functional Foods in Health and Disease Prevention (2)**
The course will cover the classification, brief history and the impact of Nutraceuticals and Functional Foods on Health and Disease. An example of nutraceuticals to be covered in the course include isoprenoids, isoflavones, flavanoids, carotenoids, lycopene, garlic, omega 3 fatty acids, sphingolipids, vitamin E and antioxidants, S-adenosyl-L-methionine, CLA, creatine, herbal products in food and lipolic acide.
**Prereq:** Undergraduate organic chemistry and/or biochemistry.
**Action:** Approve, and defer to the Graduate Council on whether or not adequate differentiation is made between undergraduate and graduate student work.

**CNU 502 – Obesity C2C: Cell to Community** (subtitle required) (2)
This course will provide an overview of the obesity epidemic from an applied clinical as well as public health perspective. Topics to be covered include etiology, pathophysiology, evaluation, treatment, management, and prevention of obesity throughout the lifecycle.
**Action:** Approve, and defer to the Graduate Council on whether or not adequate differentiation is made between undergraduate and graduate student work as well as whether CNU 502 will be offered under different subtitles as the description appears to indicate that it specifically addresses Obesity C2C: Cell to Community.