YORK UNIVERSITY
FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

Course: KINE 4410 3.0

Title: Obesity: Assessment, Treatment and Implications

Term: Fall 2022

Prerequisites: N/A

Course Instructor: Jennifer L. Kuk, PhD
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Office: Room 2002 Sherman Health Science Research Centre
Office Hours: By appointment.

Time and Location: Monday 11:30 (HNE B17), Wednesday 11:30 (ACW 306)

Expanded Course Description: This course will explore risk factors for obesity as well as the effect of obesity bias and stigma on obesity and health. Risk factors for obesity will be covered as well as the effect of obesity bias and stigma on obesity and health. We will also discuss how obesity relates with an individual's risk for development of metabolic diseases, such as cardiovascular disease, diabetes and liver disease. Finally, treatment for obesity and clinical treatment guidelines will be discussed.

Obesity is a very prevalent condition that has received much attention. However, the attention has been very one sided, wherein only the benefits of weight loss are emphasized. The difficulties associated with maintaining weight loss being very poorly understood, and the dangers or negative aspects of focusing on weight per se are often ignored.

Evaluation:	Assignment: 5%	In class: Sept 12th, 2022 by 11:30 am
	Midterm: 25%	In class: Oct 19th, 2022
	Reflection: 25%	In class: Nov 30th, 2022 by 11:30am
	Final Examination: 30%	In December Exam Schedule
	Class Participation: 15%	

Assignment: write your plan for how you would fix obesity and obesity management in Canada if you were in charge of obesity prevention and management (1.5 pages double spaced).

Choose 1 lifestyle improvement that you will adopt over the term to improve your health (1-2 sentences). Please choose 1 moderate goal (i.e. adopt the eating behaviours in the food guide, engage in physical activity in accordance with the physical activity guidelines, quit smoking, get 7-8 hours of sleep each night, adopt a moderate weight loss diet, etc). Consult with your physician/health professional if necessary. No references are required.

Reflection:
  - write a new plan for what you think should be done now for obesity if you were in charge of Public Health. Topics can include things such as stigma, health care, health promotion campaigns, public programs etc. Please note that this should NOT be a summary of the problems with obesity, but your suggestions and thoughts on what needs to change and HOW you would do it. Please make sure that your recommendation is for OBESITY and NOT general health.
- All reflections should address at minimum, lifestyle, pharmaceutical and surgery obesity options.

Please give details for your plan. For example, just saying physical activity interventions is not enough. It would be better if you stated the type of intervention you are targeting. For example, if you say everyone should receive ballet lessons for obesity management, then you should tell me details such as who, how often, where, who is paying for it etc.

Marking Scheme	
Reflection	25%
Obesity Plan	45%
Referencing	15%
Quality of Writing	15%

In your reflection, when you make your intervention recommendations, reflect back on the success of your own lifestyle change over the term:
- how successful you were in your adoption of your new lifestyle behavior (i.e. were you able to maintain it for the whole term? What was challenging about it? How did you feel? Did others notice?).
- Do you think you can follow your own intervention?
- How have your views of obesity and lifestyle weight management have changed (i.e. what did you get right? What did you get wrong in your initial assignment? Were you able to sustain your lifestyle change over the whole term?)

- Interventions should be feasible given our reality in Canada. Saying the government is going to only allow healthy food in Canada and give it to us for free is not realistic.
- Make sure that you include relevant references. For example, if you want to say that a ballet dancing intervention is needed to fix the obesity problem, then you need to supply a reference that would support this to be true (i.e. a study showing that ballet dancing cures obesity), or may be true (i.e. a study showing that no one who dances ballet has obesity). As much as possible, you should cite peer-reviewed studies and not the lecture slides.
- Format like an opinion piece or letter to the editor. Personal pronouns are allowed.

- **Please use person first language for obesity (i.e. people with obesity, not 'obese people'). Failure to use person first language will be an automatic 5% deduction.**
- Length: 5 pages double spaced. No more, no less. (Reference list excluded)

Class Participation: Regular class attendance and participation will be expected. Students will be expected to participate in class discussion and voice their opinions in a respectful yet critical atmosphere. Students may also participate via discussion boards on the class website.

Midterm and Final Examinations: will be in person during the scheduled times and be a combination of multiple choice, fill in the blank, short answer and case studies.

Lateness Penalty: Assignments received later than the due date will be penalized 1 grade point per day that assignment is late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a deferral form).

Lecture Topics:
Lecture capture will be done where possible (i.e. no technical difficulties), and recordings will be posted on the class website.

Topic
Introduction – Course Overview

Obesity Stigma, Bias and Discrimination
Risk factors for obesity
What is Obesity?
Obesity versus Health
Clinical Obesity Management: Lifestyle interventions for Obesity
Clinical Obesity Management: Pharmacological and Surgical Interventions for Obesity
Clinical Obesity Management after Weight Loss
Should all individuals with obesity be prescribed weight loss?
Obesity Prevention – if time permits

Technical requirements for taking the course:
Several platforms will be used in this course (e.g., eclass, Zoom, etc.) through which students will interact with the course materials, the course director / TA, as well as with one another. Please review the syllabus to determine how the class meets (in whole or in part). Office hours will be via zoom or in person by appointment only.

Technology requirements and FAQs for eClass (course website) can be found **here http://www.yorku.ca/moodle/students/faq/index.html**

Useful links describing computing information, resources and help for students:

Student Guide to eClass	https://lthelp.yorku.ca/student-guide-to-moodle
Computing for Students Website	https://student.computing.yorku.ca/
Student Guide to eLearning at York University	http://elearning-guide.apps01.yorku.ca/
Learning Skills Services	https://lss.info.yorku.ca/online-learning/
Zoom@YorkU User Reference Guide	http://staff.computing.yorku.ca/wp-content/uploads/sites/3/2012/02/Zoom@YorkU-User-Reference-Guide.pdf
Zoom@YorkU Best Practices	https://staff.computing.yorku.ca/wp-content/uploads/sites/3/2020/03/Zoom@YorkU-Best-Practicesv2.pdf

ACADEMIC HONESTY AND INTEGRITY
In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK's Academic Integrity module at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches in this course will be reported to the appropriate university authorities, and can be punishable according to the Senate Policy on Academic Honesty.

To promote academic integrity in this course, students will be normally required to submit their written assignments to Turnitin (via the course Moodle) for a review of textual similarity and the detection of possible plagiarism. In so doing, students will allow their material to be included as source documents in the Turnitin.com reference database, where they will be used only for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin service are described on the Turnitin.com website.

Other Notes:
All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) -
http://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012.pdf
- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation