Proposal Form For Addition And Revision Of Courses

1. Proposing College / School: Education
   Department: Kinesiology

2. Course Prefix and Number: PHED 1393

3. Effective Term: Su 2013

4. Course Title: Weight Management
   Abbreviated Title (30 characters or less): Weight Management

5. Requested Action:
   - Renumber a Course
   - Add a Course
   - Revise a Course

6. Course Credit:
   Contact/Group Hours | Scheduled Type | Weekly or Per Term | Credit Hours | Anticipated Enrollment
   Lab
   Maximum Hours (Repeatability): 2
   Total Credit Hours: 2

7. Grading Type:
   - Regular (ABCDF)
   - Satisfactory/Unsatisfactory (S/U)
   - Audit

8. Prerequisites/Corequisites:
   No prerequisite

9. Restrictions: List specific restriction in space above.

10. Course Description:
    Nutrition and exercise concepts associated with maintaining healthy weight.

11. May Count Either:
    Program Type Program Title Requirement or Elective?
    (e.g.: minor, major, etc.) (e.g.: MS in Chemistry, Performance Option, Minor in Art) (required or optional?)
    Major HESB, FCPB, HEPB, PAHB PHED Elec

12. Affected Program(s):
    (Respond “N/A” if not included in any program; attach memorandum if more space is required)

13. Overlapping or Duplication of Other Units' Offerings:
    (If course is included in any other degree program, is used as an elective frequently by other unit(s), or is in an area similar to that covered by another college/school, attach correspondence with relevant unit)
    - Applicable
    - Not Applicable
14. Justification:

This course will provide a distance education option for PHED courses. PHED courses are required by three Kinesiology majors. This distance course is being created to allow more students to take a PHED course per year. We anticipate inadequate classroom space to accommodate the number of students required to take the PHED courses in the upcoming semesters.

(Include a concise, yet adequate rationale for the addition/revision of the course, citing accreditation, assessments (faculty, graduate, and/or external) where applicable)

15. Resources:

Expenses for teaching the course will be covered with the revenue from the tuition. No other resources are required at this time.

(Indicate whether existing resources such as library materials, classroom/laboratory space, and faculty appointments are adequate to support the proposed addition/revision; if additional resources are required, indicate how such needs will be met, referencing the appropriate level of authorization -- i.e.: Dean -- where necessary; if no additional resources or shifting of resources will be necessary, respond "Not Applicable")

16. Student Learning Outcomes:

Upon completion of the course objectives, the student will be able to:
- Understand basic fitness concepts and how to formulate a basic personalized exercise prescription.
- Understand basic nutrition concepts, how to formulate basic nutrition plan.
- Be able to track exercise behavior
- Be able to monitor dietary intake
- Engage in healthy eating behaviors
- Participate in exercise appropriate for the individual

(State in measurable terms (reflective of course level) what students should be able to do when they have completed this course)

17. Course Content Outline:

For distance education students the following technologies will support the distance learning delivery. Specifically 1) timely and appropriate interactions between teacher and students will occur primarily though the Auburn University e-mail system and the LMS course site; the instructor will be available for office hours each week and students may contact the instructor via telephone, e-mail, LMS or Skype; 2) students will engage in each week's content (Narrated Power Point presentation, reading material and assignments asynchronously; discussion among class members will take place primarily on the LMS discussion boards; 3) the technology will allow students to engage with the course content via their personal Internet connection, engage with their peers over LMS and allow for personalized support from the instructor via e-mail. Quizzes will be randomized and timed, but not be proctored. All assignments will be submitted on LMS.

Week 1 - Course overview, administration of course requirements, topics for semester discussion.
Readings: Powerpoint
Activities: Lecture 1
Due: Quiz for lecture 1 (10 points)

Week 2 - FIT principles
Readings: ACSM position stand
Activities: Lecture 2
Due: Quiz for lecture 2 (15 points); Discussion for lecture 2

Week 3 - How to measure physical activity
Activities: Lectures for measurement of physical activity
Due: Quiz for measurement (15 points); discussion for measurement

Week 4 - Nutrition Basics
Readings: Healthplate org
Activities: Lecture 3
Due: Quiz for lecture 3 (15 points); Discussion lecture 3

Week 5 - Monitoring Dietary Intake
Readings: Healthynplate.org
Activities: Lecture 4
Due: Quiz for lecture 4 (15 points); Discussion 4

Week 6 - Tools for Behavior Change
Activities: Lecture 5
Due: Quiz for lecture 5 (10 points); discussion lecture 5

Week 7 - Implementing your weight management plan
Activities: Lecture 6
Due: Quiz for lecture 6 (10 points); Discussion lecture 6

Week 8 - Exercise Myths and Fallacies
Activities: Lecture 7
Due: Quiz for lecture 7 (10 points); Discussion lecture 7

Week 9 - Nutrition Myths and Fallacies
Activities: Lecture 8
Due: Quiz for lecture 8 (10 points); Discussion lecture 8

Week 10 - Draft of Weight Management Plan due via LMS
Due: Draft of Weight Management Plan

Week 11 - Fitness Fads
Activities: Lecture for lecture 9
Due: Quiz for lecture 9 (10 points); discussion for lecture 9

Week 12 - Diet Trends
Activities: Lecture 10
Due: Quiz for lecture (10 points); Discussion for lecture 10

Week 13 - Adapting for different Environments
Activities: Lecture 11
Due: Quiz for lecture 11 (10 points); Discussion for lecture 11

Week 14 - Evaluating your fitness and nutrition environment
Activities: Lecture 12
Due: Environmental dietary and fitness assessment assignment

Week 15 - Moving into the future
Activities: Lectures 13 (10 points); discussion for lecture 13

Week 16 - Final Exam
Activities: Submit Final Weight Management Plan (in lieu of traditional final exam)

(Provide a comprehensive, week-by-week breakdown of course content, including assignment due dates)

18. Assignments / Projects:

1. Quizzes (150 points) will be conducted online via LMS. Quizzes will be open for one week based on the syllabus outline. Each quiz is timed based on the number of questions (1.5 minutes per question). Notes and powerpoints and reading material may be used to answer the quiz questions, however, students cannot work together. To prevent this, quiz questions are randomly selected from a database. A majority of the quiz questions are generated from the powerpoint narrations, reading materials and course activities. Quizzes will not be proctored.

2. Discussions (100 points) - Students will complete 10 (10 points each) out of 13 discussions. For each discussion the student will have to post a discussion and reply to one classmate’s discussion on the LMS discussion boards. If students complete more than 10 discussions, the lowest scores will be dropped.

3. Weight management plan (100 points) - Students will be required to develop and submit a weight management plan that is tailored specific to
themselves. The plan will detail a) goals of the program, b) nutritional intake, c) energy expenditure via exercise, d) measurement techniques of diet and exercise and d) progression of the program. Students will be graded on the quality of their work, how well the program meets their goal and adhere to nutrition and exercise guidelines discussed in class. A draft of the project will be submitted in the 10 week of the course. The project will be submitted on LMS.

4. Environmental evaluation (50 points) - Each student will be asked to evaluate their current environment where they are residing in terms of availability of nutrient dense foods and physical activity opportunities. Students will be provided with environmental assessments in paper and digital formats, as well as, application (apps) options. Students will be asked to summarize their findings. Assignment will be submitted on LMS.

(List all quizzes, projects, reports, activities and other components of the course grade -- including a brief description of each assignment that clarifies its contribution to the course’s learning objectives)

### 19. Rubric and Grading Scale:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes</td>
<td>150</td>
</tr>
<tr>
<td>Discussion</td>
<td>100</td>
</tr>
<tr>
<td>Project</td>
<td>100</td>
</tr>
<tr>
<td>Case Study</td>
<td>50</td>
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<tr>
<td>Total Possible</td>
<td>400</td>
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The grade scale is a typical 10 point scale. Points are described below:

- A = 400 - 360
- B = 359.9 - 320
- C = 319.9 - 280
- D = 279.9 - 240
- F = Below 239.9

(List all components of the course grade -- including attendance and/or participation if relevant -- with point totals for each; indicate point totals and ranges or percentages for grading scale; for S/U grading, detail performance expectations for a passing grade)

### 20. Justification for Graduate Credit:

N/A

(Included a brief statement explaining how the course meets graduate educational standards (i.e.: rigorous standards for evaluation, development of critical thinking and analytical skills, etc.))

(Included below are standard statements regarding course policies. If necessary, a statement may be altered to reflect the academic policies of individual faculty members and/or the academic unit or department, provided that there is no conflict with the Student Policy eHandbook, Faculty Handbook, or any existing university policy.)

**POLICY STATEMENTS**

**Attendance:** Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.

**Excused Absences:** Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student's immediate family, the death of a member of the student's immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request, and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please consult the Student Policy eHandbook for more information on excused absences.

**Make-Up Policy:** Arrangement to make up a missed major examination (e.g.: hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absence(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstances, no make-up exams will be arranged during the last three days before the final exam period begins.

**Academic Honesty Policy:** All portions of the Auburn University student academic honesty code (Title XII) found in the Student Policy eHandbook will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

**Disability Accommodations:** Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1229 Haley Center, 844-2086 (V/TT).
Approvals

Department Chair / Head

College / School Curriculum Committee

College / School Dean

Dean of the Graduate School (for Graduate Courses)

Assoc. Provost for Undergraduate Studies (for Undergraduate Courses)

Date

Date

Date

Date

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