Instructor: Dr. Peter S. Murano, Associate Professor, Dept. of Nutrition & Food Science 138 Cater-Mattil, 979-862-7955 psmurano@tamu.edu

Meeting Times/Classroom: No classroom: ON-LINE Course

Course Description:
Perspectives of obesity in food science, nutrition, health and psychology; study of obesity factors in relation to genetics, exercise physiology, and sociology with emphasis on food and nutrition.

Prerequisites:
U3, U4 Classification or instructor permission

Textbook:
None. Will use slides, course handouts, and readings from the scientific/public health literature that will be posted for students on e-Campus.

Course materials:
By the start of the semester, students must access the course on e-Campus to review important course materials such as lecture slides, plus any audio content to accompany the slides. Students are free to print slides to assist their learning material as they see fit. The power point slides and audio of lecture material will be provided in individual folders (as “modules”) on the e-Campus website for this course.

Learning Outcomes:
The student will gain basic knowledge of the causes of obesity from socio-behavioral as well as genetic, and bio-energetic standpoints, and prevention strategies especially focusing on diet, physical activity, and the environment.

Learning Objectives:
Upon completion of the course, the students enrolled in the course should be able to:
- Describe policies, environments, and/or systems that can be changed at the community-level or higher to reduce or prevent obesity.
- Identify risk factors and co-morbidities associated with the overweight/obesity epidemic.
• Identify genetic, metabolic (e.g. endocrine), and environmental contributors to obesity.
• Explain the linkage between the obesity and inflammation.
• Identify behavioral predictors of successful weight maintenance.
• Evaluate the efficacy of behavioral, dietary and physical activity approaches for weight management.
• Evaluate emerging food science and technology research strategies and approaches to weight management that involve formulating with satiety ingredients, calorie and fat reduction, etc.

**Teaching Philosophy:**
It will be assumed that students have been introduced to some of the concepts covered in this Course (such as energy nutrients and ATP) through classes either in Biology, Food Science, Nutrition, Health and Kinesiology, and others. The organization and progression of lecture topics follows a sequence, providing a brief background in the sociological perspective, federal programs, genetics, metabolism, and public health through detailed emphasis on relevant areas in food science and nutrition.

**Student Responsibilities:**
It is expected that each student will access and prepare for exams using course materials, and complete homework assignments via eCampus on a routine and timely basis in order to succeed in the course.

**Student Intellectual History (WRITTEN ASSIGNMENT)**
Any individual, regardless of background and experience, has views about and has been influenced by specific factors that determine their perspective about their own health, the health of the public in general, the causes of health outcomes, and ways to resolve health issues such as obesity. Students need to think about their own formative and life experiences in the context of how these experiences may have affected their views about obesity. Due at the end of the first week of the course, students will write a one-page, single-spaced, intellectual or biographic history describing the evolution of their thinking and formative experiences related to obesity issues. Students are expected to critically consider factors that have influenced their thinking, rather than simply expressing their opinions, plans, and hopes. Although the latter are important, the purpose here is to trace and understand how your thoughts have been influenced by your own unique experience. This is to be your own work, and be of high quality not only in terms of content, but also spelling, grammar, sentence structure, overall writing style and level of communication (write at the level of a pre-professional, not a high school student).

**Exams:**
**Summative Assessment (300 points)**
Three ONLINE exams are scheduled on 09/22; 10/30; and 12/04. Exams are based on the material posted on eCampus (slides/audio, practice questions, and any homework/activities). Exams will be primarily short answer, 50 questions each exam.

**Grading System:**
The total maximum points possible for the course is 300. Grades will be assigned as follows:
A: 89.5 to 100% of points
B: 79.5 to 89.4% of points
C: 69.5 to 79.4% of points
D: 59.5 to 69.4% of points  
F: <60% of points

Make-up Exams: NO makeup exams will be given without documentation of a university approved excuse.

Exams will be posted on eCampus for 24 hours on the date of the exam, from 12:00 am until 12:00 pm (midnight) the exam day in order to allow everyone a chance to access and complete them at some point within that period of 24 hours.

**SCHEDULE OF TOPICS and EXAMS**

**AUG 28-SEPT 22**
1-Overview of Obesity and the Sociological Perspective  
2-Public Policy and Anti-Obesity Programs  
3-Human Psychology and Obesity  
4-Bioenergetics: Intermediary Metabolism and Energy Balance  
EXAM #1 (online) Friday Sept. 22

**SEPT 25-OCT 30**
Genetics, Epigenetics and Human Obesity  
Maternal Weight Gain and Childhood Obesity  
Hunger and Satiety Hormones  
Adipose Tissue, Muscle, Exercise  
EXAM #2 (online) Friday Oct. 30

**NOV 06-DEC 04**
Adipokines and Inflammation  
Food and Nutrition Strategies: Food Energy Density  
Food and Nutrition Strategies: Enhancing Satiety  
Food and Nutrition Strategies: Nutrigenomics  
EXAM #3 (online) Mon Dec. 04

**Attendance and make-up policies**
- This is an online course; there is therefore no traditional attendance requirement. Participation rests solely upon timely completion of graded work (i.e. exams).

For university excused absences related to graded work, the student is responsible for providing timely evidence to the instructor to substantiate reasons for the absence. Satisfactory university excuses include certain activities including Muster; death or a major illness, in the student’s immediate family, required participation in military duties, pregnancy, and others as detailed in section 7.1 of “Attendance” in the Student Rules.

When appropriate due to excused absence, make-up exams are to be scheduled with the TA within 24 hours of the student missing the exam, or as decided by the TA if a longer period is required due to an illness, etc.

- Please consult student rule 7 for additional information http://student-rules.tamu.edu/rule07
Academic Dishonesty:
Texas A&M University students are responsible for authenticating all work to an instructor. The inability to authenticate one’s work, should the instructor request it, is grounds to initiate an academic dishonesty case.

Academic dishonesty includes but is not exclusive to the following acts.
1. Cheating:
   Intentionally using or attempting to use unauthorized materials, information, notes, study aids or other devices or materials in any academic exercise.
2. Fabrication:
   Making up data or results, and recording or reporting (submitting) them.
3. Multiple Submissions:
   Submitting substantial portions of the same work (including oral reports) for credit more than once without authorization from the instructor of the class.
4. Plagiarism:
   The appropriation of another person’s ideas, processes, results, or words without giving appropriate credit.
5. Complicity:
   Intentionally or knowingly helping, or attempting to help, another commit an act of academic dishonesty.
Additional information may be obtained at http://www.tamu.edu/aggiehonor/

Americans with Disabilities Act (ADA) Policy Statement
- The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact Disability Services, currently located in the Disability Services building at the Student Services at White Creek complex on west campus or call 979-845-1637. For additional information email disability@tamu.edu or visit http://disability.tamu.edu/contact

Aggie Code of Honor
For many years Aggies have followed a Code of Honor, which is stated in this very simple verse:

An Aggie does not lie, cheat or steal or tolerate those who do.

The Aggie Code of Honor is an effort to unify the aims of all Texas A&M men and women toward a high code of ethics and personal dignity. For most, living under this code will be no problem, as it asks nothing of a person that is beyond reason. It only calls for honesty and integrity, characteristics that Aggies have always exemplified.

The Aggie Code of Honor functions as a symbol to all Aggies, promoting understanding and loyalty to truth and confidence in each other.

Thank you for enrolling in this course, and best wishes for success.
Sincerely, -Dr. Peter Murano