**UNIVERSITY OF PITTSBURGH**

**Department of Health and Physical Activity (2019)**

**HPA 1487: Chronic Disease and Obesity**

**Instructor:** Kelli Davis, PhD

**Office:** Oak Hill Commons, 32 Oak Hill Court, Office #228

**Class Day:** Monday/Wednesday

**Class Location:** 129 Trees Hall

**Class Time:** 10:30am-11:55am OR 12:30pm – 1:55pm

**Office Phone:** 412-383-4003

**Office Hours:** By appt.

**Email:** [kkd2@pitt.edu](mailto:kkd2@pitt.edu)

**Recommended Text:**

American College of Sports Medicine. (2018). ACSM's Guidelines for Exercise Testing and Prescription (10th ed.). Philadelphia, Wolters Kluwer.

Dale Dubin (2000). Rapid Interpretation of EKG’s. (6th Ed.). Tampa: COVER Publishing Company

**GENERAL COURSE DESCRIPTION:** The purpose of this course is to expose the undergraduate student to the special topics related to the pathophysiology, prevention, and treatment of overweight/obesity and related chronic diseases.

**SPECIFIC STUDENT COMPETENCIES:**

The course activities, experiences, assignments, and sequence are intended to provide opportunities for class members to accomplish specific competencies related to the understanding of the prevalence of metabolic diseases related to overweight and obesity, such as heart disease, diabetes, and other risk factors, as well as the exercise considerations, EKG’s, and exercise prescription for these special populations.

**COURSE TOPICS:** The student will be exposed to the following topics in this course:

1. Prevalence of overweight, obesity, and various chronic disease risk factors (lipids, hypertension, diabetes, heart disease, metabolic syndrome)
2. Appropriate Screening procedures and risk stratification prior to exercise and other interventions
3. Evaluation considerations for physical activity, fitness, obesity, and risk factors.
4. Pathophysiology and risk factor considerations related to chronic disease.
5. Dietary considerations for treatment of overweight/obesity and chronic disease risk factors.
6. Exercise considerations for healthy participants versus participants with obesity and/or chronic disease risk factors (lipids, blood pressure, diabetes, heart disease, etc.).
7. Understanding and interpreting EKG’s.
8. Metabolic calculations (METS, VO2, metric conversions)
9. Designing the appropriate exercise prescription (mode, duration, frequency, intensity).
10. Identification of myths related to the prevention and/or treatment of obesity and chronic disease.
11. Demographic considerations (age, gender, ethnicity, etc.) on the prevention and treatment of overweight/obesity and chronic disease.
12. Pharmacotherapy considerations for treating obesity and chronic disease risk factors, and the impact on exercise prescription.
13. Surgical considerations for treating obesity and the impact on exercise prescription.

This course will use a lecture based format, with discussion. Students are required to assume partial responsibility for learning material through reviewing class notes and recommended readings and completion of assignments.

**GRADING POLICY**

**Exams:** There will be 3 exams in this course. Exams will use a variety of question types to assess your knowledge which includes: short answer, multiple choice, matching, true/false, completion, essay, etc. The final will not be cumulative but will rely on integrating material learned throughout the semester. The majority of questions will be taken from lecture but some questions may be drawn from class discussions, homework, and assigned readings.

**Quizzes:** There will be several quizzes (announced and unannounced) throughout the semester to ensure comprehension of material. If you are not in class when a quiz is given you will receive a zero for that quiz **unless the absence is a university-excused absence**. **The lowest quiz score will be dropped.**

**NOTE:** The point value of the exams and projects will be decided on by the instructor.

**Extra Credit:** There may be extra credit available via additional questions on the exams or projects that you will have the option of completing.

**GRADING SCALE**

Your grade will be determined by dividing your actual points by the total number of points attainable.

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| --- | --- | --- |
| A | = | 90-100% |
| B+ | = | 87-89.9% |
| B | = | 80-86.9% |
| C+ | = | 77-79.9% |
| C | = | 70-76.9% |
| D+ | = | 67-69.9% |
| D | = | 60-66.9% |
| F | = | 0-59.9% |

**ATTENDANCE POLICY**

Attendance is not required for this course, but is highly encouraged given the material being taught. However students who miss a lecture are solely responsible for obtaining lecture notes and handouts, and are responsible for all missed quizzes, announcements and/or course changes. It is **NOT** the responsibility of the instructor or the teaching assistants to relay any missed information or provide class notes unless arrangements have been made.

There will be no make-ups for missed quizzes, assignments, or exams unless **PRIOR** arrangements have been made with the instructor. If a student misses a class where a quiz, assignment, or exam is held and they miss due to a University-approved business or an illness will need to inform the instructor in advance by phone or email and subsequently provide written documentation verifying their absence.

Missed quizzes or exams can only be made up if accompanied by written documentation justifying the absence. Decisions regarding the justification of the absence will be made by the instructor. Missed exams must be made up within one week at a time and date approved by the instructor. In rare cases where unexpected (emergency) circumstances arise, it is the student’s responsibility to notify the instructor immediately (i.e., within 48 hours) in order to ensure the possibility of a make-up exam or project. Make-up exams may be different than the one given on the scheduled exam date.

**MISCELLANEOUS ISSUES**

Any student caught cheating (includes any form of academic dishonesty such as cheat sheets, copying answers, plagiarism, etc) will result in an automatic “F” in this course. Additionally, the student will be reported to the appropriate university officials, and it will go on file in the student’s academic record.

**Late assignments will be given an “F.”** Assignments/exams/projects which are unreadable and/or not professional in appearance and/or content will not receive credit.

**Cell phones are to be turned off during class unless it is being used for a class activity.**

**Text messaging during class is highly discouraged.**

**Academic Integrity.** Students in this course will be expected to comply with the University of Pittsburgh's Policy on Academic Integrity. Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators.

**Disability Services.** If you have a disability that requires special testing accommodations or other classroom modifications, you need to notify both the instructor and Disability Resources and Services no later than the second week of the term. You may be asked to provide documentation of your disability to determine the appropriateness of accommodations. To notify Disability Resources and Services, call (412) 648-7890 (Voice or TTD) to schedule an appointment. The Disability Resources and Services office is located in 140 William Pitt Union on the Oakland campus.

**Statement on Classroom Recording**. To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student’s own private use.

**Department of Health and Physical Activity Grievance Procedure**:

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation there are a series of steps that should be taken in an attempt to resolve this matter.  These include the following:

1.      The student should first inform the instructor of the course of the issue in an attempt to resolve this matter.  If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter.   The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question.  The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.

2.      If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance.  This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail.  This document should include the following:

a.      Student’s name

b.      Student contact information (email, address, telephone number)

c.       Information on the course for which the grievance applies (course title, course number, instructor name).

d.      A copy of the course syllabus that was provided to the student by the instructor

e.      Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

*3.* If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education.  If the student decides to pursue this, the student should contact the *Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.*

**COURSE SCHEDULE**

**The following course schedule is tentative and may change at the discretion of the instructor.** You are responsible for any changes made to the syllabus that are announced in class, even if you are not present in class.

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| --- | --- |
| **DATE** | **TOPIC** |
| AUGUST 26 | Prevalence of overweight, obesity, and various chronic disease risk factors (lipids, hypertension, metabolic syndrome) across demographics (age, gender, ethnicity) |
| AUGUST 28 | Pathophysiology and risk factor considerations related to obesity and related comorbidities – effects of exercise. |
| **SEPTEMBER 2** | **NO CLASS- LABOR DAY** |
| SEPTEMBER 4 | Pathophysiology contd; |
| SEPTEMBER 9 |
| SEPTEMBER11 |
| SEPTEMBER 16 | Appropriate Screening, evaluation, and risk stratification |
| SEPTEMBER 18 | Exercise considerations for healthy participants versus participants with obesity and/or chronic disease risk factors (lipids, blood pressure, diabetes, etc.). Designing the appropriate exercise prescription (mode, duration, frequency, intensity). |
| SEPTEMBER 23 |
| SEPTEMBER 25 | Practical Application and Review for exam. |
| **SEPTEMBER 30** | **EXAM #1** |
| OCTOBER 2 | Obesity defined, classifications, and measurement of Obesity/Body composition |
| OCTOBER 7 | Obesity and associated energy metabolism |
| OCTOBER 9 |
| OCTOBER 14 | Metabolic calculations (METS, VO2, metric conversions) |
| OCTOBER 16 | Treatment considerations for obesity:  focus on exercise, diet, and behavioral treatment of obesity. |
| OCTOBER 21 |
| **OCTOBER 23** | **EXAM #2** |
| OCTOBER 28 | Introduction to EKG Interpretation, Considerations, & Practice |
| OCTOBER 30 |
| NOVEMBER 4 | Continued EKG Interpretation & Practice |
| NOVEMBER 6 |
| NOVEMBER11 |
| NOVEMBER 13 |
| NOVEMBER 18 |  |
| NOVEMBER 20 |  |
| NOVEMBER 25 | **NO CLASS - Thanksgiving Holiday** |
| NOVEMBER 27 |
| DECEMBER 2 | EKG REVIEW |
| **DECEMBER 4** | **FINAL EXAM** |