ES 272
Dr. Kathryn Kotowski

CUYAMACA COLLEGE

ES 272 Issues in Childhood Obesity
Dr. Kathryn Kotowski
Exercise Science Department
kathy.kotowski@gcccd.edu

ES 272 Syllabus Fall, 2016
A 1 unit course taught exclusively online. Assignments, lectures, discussions, tests, activities will all be delivered online.

Required Textbook
- Eat This Not That For Kids by David Zinczenko with Matt Goulding

Course Description
This course will provide an opportunity for review of current knowledge relating to the cause and prevention of childhood obesity. Content will include suggested physical activity planning and nutrition guidelines, as well as historically relevant trends in regards to childhood obesity, diet and physical activity.

Student Learning Outcomes
Students will focus on nutrition and the relationship between physical activity and obesity, explore the values that affect student’s food and lifestyle choices, and plan and prepare nutritious snacks using the USDA food pyramid guidelines. Successful completion of the class will enable the student to:
- List causes and risk factor associated with childhood obesity
- Demonstrate methods to assess body composition
- Describe methods of increasing physical activity in children
- Identify appropriate snacks for children
- Research current data regarding the contribution of school menu choices to the incidence and prevalence of childhood obesity

Method of Instruction
- Online discussion postings/Lecture
- Online Assignments/Research

Method of Evaluation
Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation.
- Written exam 30 points
- Class participation Discussions 10 points each X 4 = 40 total points
- Class project and assignments 40 points each X 2 = 80 total points

Total possible = 150 points
Note: specific information for both assignments is available in the Assignments section on the course menu.
Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
<td>135-150</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
<td>120-134</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
<td>105-119</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>90-104</td>
</tr>
<tr>
<td>F</td>
<td>0-59%</td>
<td>0-89</td>
</tr>
</tbody>
</table>

Due Dates, Make-ups and Incompletes

- Assignments turned in after the due date will not be accepted without prior approval from the instructor, with a compelling reason for the late submission.
- An incomplete grade is given only when there is an emergency near the end of the course.
- Discussion Board and Peer Responses are due by 11:00 pm Friday, PST each week.
- The official week for this class goes Monday through Sunday.
- The 2 written assignments are due on Sunday nights by 11:00 pm PST

Participation and Grading Criteria

- You will need to respond to each week’s topic with something that can be supported from the readings or from your personal experiences; your responses must be meaningful and relevant to the discussion. Responses such as "Good point" or “I agree” don’t count towards earning points for this assignment.
- Discussion questions will be evaluated using a rubric emphasizing quality of analysis, comparison, content, and connection with supporting material. Responses should be well written (yes, spelling counts) and clearly address the issues being discussed.

Course Communication

Post general question to the online discussion board. There is an available messaging feature in our course which I strongly encourage you to use so I can immediately identify you as an ES 272 student, or you may send e-mail to kathy.kotowski@gcccd.edu. Include ES 272 in the subject line if you choose to email me that will almost guarantee it will not go to the spam folder. I will check email at least once a day.

Course Calendar

Week 1  September 5-11  Week 1Your Discussion Responses are due by Wednesdays, peer responses are due by Fridays
Week 2  September 12-18  Research assignment due
Week 3  September 19-25  Nutrition assignment due
Week 4  September 26-30  Make healthy choices this week!
Final   September 30th   Friday Course Final
# Course Schedule - Exercise Science 272

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
<th>Assignment</th>
<th>Discussion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Intro</td>
<td>Read syllabus, Intro, Chapter 1 &amp; start Ch 2</td>
<td>Begin working on Assignment 1</td>
<td>Discussion Week 1 Meet your classmates! Read lecture notes,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 2</td>
<td>The Issues</td>
<td>Finish Chapter 2 and read Chapter 3</td>
<td>Assignment 1 due Sunday 9/18 by 11:00 pm at the latest.</td>
<td>Discussion Week 2 Read lecture 2 post a short summary of your research article</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 3</td>
<td>Nutrition</td>
<td>Read Chapters 4 and 5</td>
<td>Assignment 2 due Sunday 9/25 by 11:00 pm at the latest.</td>
<td>Discussion Week 3 Read lecture 3 post your response &amp; 1 of your favorite snack ideas from your menu to share with the rest of us!</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 4</td>
<td>We are their role models!</td>
<td>Read Chapters 6 and 7</td>
<td>Take multiple choice Final exam Friday 9/30</td>
<td>Discussion Week 4 Read lecture 4 post your response</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Discussion Week 4 Class Evaluation for 2 extra credit points.</td>
</tr>
</tbody>
</table>

*Students who are inactive will be dropped from the course. If an entire week goes by with no activity on your part either through the discussion board participation, email communication, submission of work, quiz, or exam, you will be dropped. Therefore, it is imperative that you let me know if your contribution to the class will be interrupted.*
Assignment Guide
Submit your completed assignments in the Assignment Area located on the course menu. Complete directions for these assignments and examples can be found on the Assignment page.

Research Assignment (Assignment 1) Due End of Week 2
You will be researching an area of Childhood Obesity that is interesting to you. Here are some suggestions to get you started:

1. The importance of physical activity in young children, including the need for activities that match the developmental stages of children
2. The causes of childhood obesity.
3. The various methods of body size measurement & evaluation in children
4. Ways to increase physical activity in children
5. The contribution of obesity to diseases in children
6. School lunch menus & the role they may play in preventing or contributing to childhood obesity.

Once you have read an article, write a 1 page summary of your article and submit it. Make sure you cite it correctly so I can also find that article if I need to. Wikipedia is NOT a college level source for articles. Happy searching! 😊

You will also post a short summary of your article on the Db for Week 2. The summary on the Db should be considerably shorter than the one you turn in. It should be about one paragraph (5-7 sentences) with the citation included so that others can look up more information on the topic if needed.

Nutrition Assignment (Assignment 2) Due End of Week 3
I would like you to plan 5 days (1 week) of nutritionally balanced snacks for a school based program. Keeping in mind the nutritional needs of children, limiting the fat, watching the budget, and making the snacks appealing to children, (remember that having the students be a part of making the snacks gives them ownership and helps them take some responsibility for their food choices). Submit your menu in the Assignment folder for week 3 or directly in the Assignment area from our course menu. The snacks need to be something that could be made and served in a school based after school program without a lot of cooking, you are not making a full meal, do not include a beverage unless that is your primary snack. This is not something that you would typically make at home with your own children for a meal, it is a simple nutritious snack! You will have to do a little bit of research to make sure that it fits within the current food pyramid guidelines. There are some good ideas online for this project. In our Db this week make sure you post 1 of your best menu ideas to share with the rest of the class.

When you submit papers no more than 20% of your paper should match when you submit. For this assignment your paper really should come up at less than 2% or 3%. You aren’t really writing a paper you are simply going to post snack ideas in the format shown in the example. I have included 5 snack ideas so that you have the idea of the formatting and the level of student involvement in creating their healthy snack choices. Here is a good source for this assignment:
http://www.foodpyramid.com/myplate/for-kids/
Prerequisites/Technology Requirements
- Students must have the ability to submit written assignments as either a Microsoft Word document (doc.) or Rich Text Format (.rtf).
- Students must have basic computer skills (word processing, e-mail, sending attachments, web browsing).
- To participate in this class, students need a reliable internet connection and access to a working computer. There are several available on campus. See current course bulletin.
- This course is taught using the “Blackboard” course management system. Please bookmark our course web site: http://bb.gcccd.edu
- Campus Help Desk (for online students) (619) 660-4395

Attendance
Students may be dropped for lack of progress in accordance with Cuyamaca College policy. Any student not participating by Thursday of the first week of the course may be dropped from the class. This is a courtesy to the student, who might otherwise receive a failing grade for lack of class participation. Otherwise it is the student’s responsibility to drop an unattended class, or receive an “F” on their transcript.

A Note on Attendance and Class Participation
Regular and active participation is an essential, unmistakably important aspect of this online course. The expectation of the instructor is that students will log on a minimum of 3-4 times every seven days. It is critical that you read all of the lecture and assignment materials as well as all of the public discussion materials. Your full participation on a weekly basis is not only a requirement; it is an essential aspect of the online course process. All students are expected to do the work assigned, notify the instructor when emergencies arise, and make up any missing assignments before the cutoff date.

Class Policies
1. Class work and projects will be graded on content as well as presentation. This includes grammar, spelling, and mechanics. Your written work should reflect college level skills.
2. All work submitted is required to be the student’s original work. Cuyamaca College’s academic expectations as outlined in your class schedule and catalog will be enforced.
3. Late work will not be accepted without prior approval from the instructor.

Course Requirements
- Read assigned chapters each week
- Log on at least 3 to 4 times each week – to participate in discussions, complete weekly assignments, and to check announcements.
- Final exam
- Two additional activities designed to stimulate thoughtful application of class materials
**Academic Integrity**
Any violation of the integrity of your personal work may result in sanctions up to suspension or expulsion from the class or college. Do not turn in the same written work as another student. Having another student or family member completing your assignments is cheating. Doing a cut and paste from the internet to complete a written assignment is cheating. Work that appears not original or completed cooperatively will be returned without a grade. Cheating on exams is not acceptable and not indicative of the ethics required to work effectively with young children. Students are responsible for awareness, understanding, and implementation of the Cuyamaca College’s Academic Policies and Procedures:

Any content that is not your own, must be cited and credit given to the author. Remember changing a few words or rearranging the word order does not make the work your own. When in doubt; cite, cite, cite!

**A book citation looks like this:**
Author, (Date Published). Title. (Edition if any) City, State published in: Publisher. For this class please note pages used in the reference even if there is not a quote used.


**Important notes on all assignments**
(Including discussion board postings):
Please note: All observations, reports, extra credit, and papers will be graded on the mechanics of writing (neatness, organization, spelling, etc.) as well as the content (depth, clarity, accuracy, and demonstration of critical thinking skills). Please include a title page with your submitted papers.
You must give credit to the source of the information as you include and/or refer to it in your written report. You may do this by including the author and page of the source in parentheses immediately following the information. Source must be cited for both direct quotes and paraphrased information.
Do not take credit for something you did not write. Do not include material taken directly from the internet. A “cut and paste” report does not reflect college level writing. You must synthesize and summarize your findings, not copy or repeat what someone else wrote. Please ask me if this is unclear. Your grade will be affected if you plagiarize and in some cases, work will be returned without a grade.

This course adheres to the policies outlined in the Cuyamaca College catalogue. For further information, see Academic policies stated in the catalogue. The instructor reserves the right to make changes to this syllabus during the course.