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| For Academic Affairs and Research Use Only | |
| Proposal Number |  |
| CIP Code: |  |
| Degree Code: |  |

**NEW OR MODIFIED COURSE PROPOSAL FORM**

**[ ] Undergraduate Curriculum Council**

**[X] Graduate Council**

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| **[X]New Course, [ ]Experimental Course (1-time offering), or [ ]Modified Course (Check one box)** |

Signed paper copies of proposals submitted for consideration are no longer required. Please type approver name and enter date of approval.

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| JoAnna Cupp 1/8/2021 **Department Curriculum Committee Chair** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **COPE Chair (if applicable)** |
| JoAnna Cupp 1/8/2021 **Department Chair** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **Head of Unit (if applicable)** |
| Shanon Brantley 02/02/2021  **College Curriculum Committee Chair** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **Undergraduate Curriculum Council Chair** |
| Mary Elizabeth Spence 1/14/2021 **Office of Assessment (new courses only)** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **Graduate Curriculum Committee Chair** |
| \_Susan Hanrahan 2/1/21\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date… **College Dean** | \_\_Alan Utter\_\_\_\_\_\_\_ 2/26/21  **Vice Chancellor for Academic Affairs** |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **General Education Committee Chair (if applicable)** |  |

1. **Contact Person (Name, Email Address, Phone Number)**

JoAnna Cupp, jcupp@astate.edu, 870-680-8295

1. **Proposed starting term and Bulletin year for new course or modification to take effect**

Summer I 2023; bulletin year fall 2022.

**Instructions:**

*Please complete all sections unless otherwise noted. For course modifications, sections with a “Modification requested?” prompt need not be completed if the answer is “No.”*

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|  | **Current (Course Modifications Only)** | **Proposed (New or Modified)**  *(Indicate “N/A” if no modification)* |
| **Prefix** |  | **NS** |
| **Number\*** |  | **6213** |
| **Title** |  | **The Obesity Epidemic** |
| **Description\*\*** |  | **Explores the various determinants of obesity in adults and children, as well as assessment, treatment and prevention of the epidemic, including the integration of new information and research into practice.** |

***\**** (Confirm with the Registrar’s Office that number chosen has not been used before and is available for use. For variable credit courses, indicate variable range. *Proposed number for experimental course is 9*. )

\*\*Forty words or fewer as it should appear in the Bulletin.

1. **Proposed prerequisites and major restrictions** **[Modification requested? Yes/No]**

(Indicate all prerequisites. If this course is restricted to a specific major, which major. If a student does not have the prerequisites or does not have the appropriate major, the student will not be allowed to register).

1. **Yes** Are there any prerequisites?
   1. If yes, which ones?

Admission to the Graduate School

No course prerequisites for NS 6213

* 1. Why or why not?

The tMSND program can be done on a part-time or full-time basis and is a non-accredited degree. Students outside the Nutrition and Dietetics major may enroll in the course.

1. **No** Is this course restricted to a specific major?
   1. If yes, which major?
2. **Proposed course frequency [Modification requested? Yes/No]**

(e.g. Fall, Spring, Summer; if irregularly offered, please indicate, “irregular.”) *Not applicable to Graduate courses.*

N/A

1. **Proposed course type [Modification requested? Yes/No]**

Will this course be lecture only, lab only, lecture and lab, activity (e.g., physical education), dissertation/thesis, capstone, independent study, internship/practicum, seminar, special topics, or studio? Please choose one.

Lecture only

1. **Proposed grade type [Modification requested? Yes/No]**

What is the grade type (i.e. standard letter, credit/no credit, pass/fail, no grade, developmental, or other [please elaborate])

Standard letter

1. **No** Is this course dual-listed (undergraduate/graduate)?
2. **No** Is this course cross-listed?

*(If it is, all course entries must be identical including course descriptions. Submit appropriate documentation for requested changes. It is important to check the course description of an existing course when adding a new cross-listed course.)*

**a.** – If yes, please list the prefix and course number of the cross-listed course.

Enter text...

**b.** – **Yes / No** Can the cross-listed course be used to satisfy the prerequisite or degree requirements this course satisfies?

Enter text...

1. **Yes** Is this course in support of a new program?

a. If yes, what program?

transitional Master of Science in Nutrition and Dietetics program

1. **No** Will this course be a one-to-one equivalent to a deleted course or previous version of this course (please check with the Registrar if unsure)?

a. If yes, which course?

Enter text...

**Course Details**

1. **Proposed outline** **[Modification requested? Yes/No]**

(The course outline should be topical by weeks and should be sufficient in detail to allow for judgment of the content of the course.)

I. Epidemiology, assessment, causes and risks associated with overweight and obesity

Week 1 Current obesity trends

Obesity prevalence

Pertinent definitions

Collection of obesity data

Trends in obesity: U. S. and global

Week 2 Assessment of body weight and composition

Anthropometric assessment

National Institute of Health (NIH) guidelines for assessment of BMI

Assessment of body composition and fat distribution

Presence of other risk factors and comorbidities

Childhood/adolescent overweight and obesity

Week 3 Causes of obesity

Contributing factors

Energy balance

Metabolic rate

Thermic effect of food

Effects of physical activity on energy

Environmental contributors to energy intake

Metabolic and genetic contributions

Week 4 Health and economic consequences of obesity

Characteristics of obesity comorbidities

Obesity and metabolic syndrome

Type 2 Diabetes

Cardiovascular disease

Respiratory disease

Malignancies

Musculoskeletal disorders

Longevity

Psychosocial correlates of obesity

Economic costs associated with obesity

II. Interventions for weight management and obesity prevention

Week 5 Dietary interventions for obesity prevention and management

Energy requirements for weight management

Dietary recommendations for weight management

Food groups and energy density

Solid fats and added sugars

Alcoholic beverages

Portion control

Food labels

Timing of meals

Week 6 Specific diet plans

Research comparison of diets

Week 7 Physical activity

Energy balance and physical activity

Trends in physical activity

Recommendations for physical activity

Physical activity and the National Weight Control Registry (NWCR)

Benefits, risks and costs of physical activity

Week 8 Pharmacologic agents in obesity management

Medications for weight loss

Regulation of prescription weight loss medications

Pharmacologic mechanisms of weight loss medications

Appetite suppressants

Inhibition of fat absorption from the gastrointestinal tract

Availability of prescription meds for weight loss/management

Treatment guidelines

Over-the-counter medications for weight loss/management

Dietary supplements for weight loss

Supplement regulation and FDA oversight

Advertising of weight loss products

Week 9 Surgical interventions for obesity

Surgery for severe obesity

History and incidence

Indications

Contraindications

Pre-surgery steps

Categories of procedures

Malabsorptive versus restrictive

Open versus laparoscopic

Gastric bypass surgery

Laparoscopic adjustable gastric banding

Post-surgery diet progression and supplement recommendations

Long-term success

Ineffective surgical treatments

Insurance coverage and accessibility

Future techniques

Week 10 Behavioral aspects of weight management

Behavior therapy characteristics

Readiness to lose weight

Goal-setting

Behavior modification techniques

Treatment delivery options

Long-term weight maintenance

Alternative approach: Healthy at Every Size (HAES)

Week 11 Responsibility for the obesity pandemic

Personal and collective responsibility

Stakeholder responses to obesity issues

Collaborative efforts

Healthcare providers

Schools

Worksites

Public health

State and community government/organizations

Taxes

Liability legislation

National programs

III. Emerging areas of obesity research and guidelines for integration into practice

Week 12 New insights and future directions in obesity research

Research snapshots

Connections between microbiota and obesity

Week 13 Viruses and obesity

Environmental obesogens

Week 14 Sleep disturbances and energy balance

Obesity and depression

Week 15 Obesity spreads within social networks

Social media and obesity

1. **Proposed special features** **[Modification requested? Yes/No]**

(e.g. labs, exhibits, site visitations, etc.)

None

1. **Department staffing and classroom/lab resources**

Department staffing is adequate to cover this course. NS 6213 is an online class; no classroom or lab space is required.

1. Will this require additional faculty, supplies, etc.?

See note on faculty above.

1. **No** Does this course require course fees?

*If yes: please attach the New Program Tuition and Fees form, which is available from the UCC website.*

**Justification**

**Modification Justification (Course Modifications Only)**

1. Justification for Modification(s)

**New Course Justification (New Courses Only)**

1. Justification for course. Must include:

a. Academic rationale and goals for the course (skills or level of knowledge students can be expected to attain)

Obesity has become an epidemic with 42.4 % of adults in the U. S. in the obese category for weight, according to the 2017-2018 CDC National Center for Health Statistics (NCHS) data brief. Other important statistics indicate that obesity-related conditions, including heart disease, stroke, type 2 diabetes and certain types of cancer, are some of the leading causes of preventable, premature death. The statistics for children are alarming as well. The NS 6213 course will increase students’ awareness and knowledge of appropriate nutrition care, not only for management of obesity, focused primarily on adults, but also prevention. The topic has never been more pertinent and timely for students seeking a graduate degree in nutrition and dietetics. After all, registered dietitian nutritionists (RDNs) are referred to as the ‘food and nutrition experts.’ Course goals – upon completion of this course, students are able to: explore the causes, consequences and assessment methods for overweight and obesity; increase understanding and practical knowledge of interventions for the prevention and management of obesity; review emerging trends in obesity research for integration into practice.

b. How does the course fit with the mission of the department? If course is mandated by an accrediting or certifying agency, include the directive.

The course fits with the department mission to provide quality education and experiences for students in the field of nutrition and dietetics. As part of their education and experiences at A-State, students are seeking to be prepared for professional practice with patients/clients with various conditions, including obesity. Often times, obesity coexists with chronic conditions such as diabetes, cardiovascular disease and renal insufficiency, all of which create challenges with appropriate interventions and patient/client compliance. In addition to nutritional care skills, students need to build competency in the areas of effective education, counseling and behavior change theories and techniques; cultural consideration; human behavior and psychology to be a successful professional.

c. Student population served.

NS 6213 serves students who may already be RDNs or working in health care and are now pursuing a graduate degree.

d. Rationale for the level of the course (lower, upper, or graduate).

The graduate level of the course is appropriate as students must have a baccalaureate degree in order to enroll in the transitional Nutrition and Dietetics program as they seek an advanced educational experience.

**Assessment**

**Assessment Plan Modifications (Course Modifications Only)**

1. **Yes** Do the proposed modifications result in a change to the assessment plan?

*If yes, please complete the Assessment section of the proposal*

**Relationship with Current Program-Level Assessment Process (Course modifications skip this section unless the answer to #18 is “Yes”)**

1. What is/are the intended program-level learning outcome/s for students enrolled in this course? Where will this course fit into an already existing program assessment process?

Program-Level Learning Outcomes

Domain 1 – Scientific and Evidence Base of Practice: Integrate scientific information and translation of research into practice, specifically CRDN\* 1.3, 1.4

Domain 2 - Professional Practice Expectations: Exhibit beliefs, values, attitudes and behaviors for the professional dietitian nutritionist level of practice, specifically KRDN\* 2.1, 2.12

Domain 3 – Clinical and Customer Services: Develop and deliver information, products and services to individuals, groups and populations, specifically KRDN\* 3.1

(\*KRDN Knowledge for the Registered Dietitian Nutritionist; \*CRDN Competency for the Registered Dietitian Nutritionist)

There is a new curriculum map applicable to the transitional Master of Science in Nutrition and Dietetics degree (tMSND) as it is a non-accredited degree and is not tied to the undergraduate Dietetics Program leading to the MSND. The assessment plan is modeled after the existing program assessment process for the Bachelor of Science in Dietetics and the Master of Science in Nutrition and Dietetics degrees.

1. Considering the indicated program-level learning outcome/s (from question #19), please fill out the following table to show how and where this course fits into the program’s continuous improvement assessment process.

*For further assistance, please see the ‘Expanded Instructions’ document available on the UCC - Forms website for guidance, or contact the Office of Assessment at 870-972-2989.*

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| **Program-Level Outcome 1 (from question #19)** | Domain 1 – Scientific and Evidence Base of Practice: Integrate scientific information and translation of research into practice |
| Assessment Measure | Outcome CRDN 1.5 Conduct projects using appropriate research methods, ethical procedures and data analysis Direct measure: NS 6303 Research manuscript - 80% of students will receive a grade of B or better, based on the rubric for this course project Indirect measure: NS 6313 Student survey - 100% of students will complete the self-assessment survey pertaining to the research poster and participation in Create@State event |
| Assessment  Timetable | Fall semester, every 3 years, 2023-2024, 2026-2027, 2029-2030 |
| Who is responsible for assessing and reporting on the results? | tMSND faculty |

*(Repeat if this new course will support additional program-level outcomes)*

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| **Program-Level Outcome 2 (from question #19)** | Domain 2 - Professional Practice Expectations: Exhibit beliefs, values, attitudes and behaviors for the professional dietitian nutritionist level of practice |
| Assessment Measure | Outcome CRDN 2.2 Demonstrate professional writing skills in preparing professional communications Direct measure: NS 6013 LinkedIn profile – 80% of students will receive a letter grade of B or better, based on the rubric for this assignment Indirect measure: Exit survey – 100% of students will complete and submit exit survey regarding degree experience, including feedback on development of professionalism during program enrollment |
| Assessment  Timetable | Spring, every 3 years, 2023-2024, 2026-2027,2029-2030 |
| Who is responsible for assessing and reporting on the results? | tMSND faculty |

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| **Program-Level Outcome 3 (from question #19)** | Domain 3 – Clinical and Customer Services: Develop and deliver information, products and services to individuals, groups and populations |
| Assessment Measure | Outcome KRDN 3.1 Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions Direct measure: Exit exam – 80% of students will score at least 80% on cumulative exit exam at end of program, indicating among other competencies, an ability to apply knowledge of the Nutrition Care Process Indirect measure: Time to degree/program length – 100% of students will complete degree requirements within 150% of planned program length (1.5 years) as a measure of time to achieve required competencies in the program |
| Assessment  Timetable | Spring, every 3 years, 2024-2025, 2027-2028, 2030-2031 |
| Who is responsible for assessing and reporting on the results? | tMSND faculty |

**Course-Level Outcomes**

1. What are the course-level outcomes for students enrolled in this course and the associated assessment measures?

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| **Outcome 1** | CRDN 1.4 Evaluate emerging research for application in nutrition and dietetics practice. |
| Which learning activities are responsible for this outcome? | Prepare a research snapshot on assigned topic to share with classmates in the form of a presentation and one-page summary. |
| Assessment Measure | 80% of students will receive a letter grade of B or higher, on the research snapshot, based on the assignment guidelines and rubric, to meet this outcome. |

*(Repeat if needed for additional outcomes)*

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| **Outcome 2** | CRDN 1.3 Justify programs, products, services and care using appropriate evidence or data.  CRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.  KRDN 3.1 Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions. |
| Which learning activities are responsible for this outcome? | Complete a progressive case study on an obese client. Use the Nutrition Care Process format and cite evidence-based guidelines to justify the assessment and interventions, including education. |
| Assessment Measure | 80% of students will receive a letter grade of B or higher on the case study project, based on the assignment guidelines and rubric, to meet this outcome. |

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| **Outcome 3** | CRDN 2.12 Perform self-assessment and develop goals for self-improvement throughout the program. |
| Which learning activities are responsible for this outcome? | Using the Academy of Nutrition and Dietetics *Standards of Practice and Standards of Professional Performance as Registered Dietitian Nutritionist in Adult Weight Management Practice*, analyze your own level of knowledge and performance with the criteria. Compose a self-assessment reflection indicating strengths and weaknesses as a professional and create a three-year plan of improvement for the areas that need work. |
| Assessment Measure | 100% of students will receive a letter grade of A on the self-assessment activity, based on the assignment guidelines and rubric to meet this outcome. |

**Bulletin Changes**

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| **Instructions** |
| **Please visit** [**http://www.astate.edu/a/registrar/students/bulletins/index.dot**](http://www.astate.edu/a/registrar/students/bulletins/index.dot) **and select the most recent version of the bulletin. Copy and paste all bulletin pages this proposal affects below. Please include a before (with changed areas highlighted) and after of all affected sections.**  **\*Please note: Courses are often listed in multiple sections of the bulletin. To ensure that all affected sections have been located, please search the bulletin (ctrl+F) for the appropriate courses before submission of this form.** |

Insert after Nursing and before Occupational Therapy on page 382-383

***NS 6213. The Obesity Epidemic Explores the various determinants of obesity in adults and children, as well as assessment, treatment and prevention of the epidemic, including the integration of new information and research into practice.***