

2016-1-NFS486H1S: Obesity: Metabolic and Clinical Aspects

COURSE DESCRIPTION:

This course will examine the metabolic aspects of obesity and investigate its causes, consequences, prevention, and treatment.

LEARNING OUTCOMES:

At the end of this course students will be able to:

- describe the changes in metabolism that typically occur as body weight increases
- explain the biological mechanisms linking obesity to common co-morbidities such as type-2-diabetes, cardiovascular disease, cancer, etc
- explain the biological mechanisms that limit most weight loss strategies
- describe the best practices with respect to obesity prevention and treatment

PREREQUISITES:

NFS284H, BCH210H, (PSL300/PSL301)/ PSL302Y

INSTRUCTOR AND CONTACT INFORMATION:

Dr Debbie Gurfinkel: debbie.gurfinkel@utoronto.ca

Office hours: Fridays: 1-5 pm Fitzgerald Building FG142 150 College St from Jan 15 to Apr 8 inclusive, except Friday Jan 29 when hours are 3:30 to 5 PM.

If the Friday time slot is not suitable please e-mail to set up an appointment at another time.

COURSE TIME, LOCATION, WEBSITE:

Wednesday 9-12 : SF3201 Sanford Fleming Building

Course website available on your Portal page in Blackboard

TEXTBOOK: There is no required textbook for this course.

COURSE ORGANIZATION:

The course will include a combination of lectures, quizzes and group work following the schedule below. Dr Gurfinkel will randomly assign students to groups of five or six. Your group number will be available on Blackboard on Tuesday January 26. There are two individual quizzes; two group quizzes, which are the same as the individual quizzes but you redo them as a group; and 8 group activities; each activity is a problem or set of questions that you will work on as a group, related to the day's lecture.

COURSE SCHEDULE:

Date	Lecture Topic
Jan 13	Course overview Carbohydrate and lipid metabolism
Jan 20	Discussion of Assignments How to search the literature; how to read papers
Jan 27	Consequences of Obesity: Insulin Resistance and Type-2-Diabetes Group Activity #1
Feb 3	Consequences of Obesity: Cardiovascular Disease, Hypertension Group Activity #2 Annotated bibliography: Hard copy due at beginning of class; Turnitin by 3 pm
Feb 10	Individual & Group Quiz 1 MCQ (one "cheat sheet" permitted) Based on lectures Jan 13 to Feb 3 inclusive
Feb 17	<i>Reading Week: No class</i>

Feb 24	Energy Metabolism and Weight Management Group Activity #3 Take home term test due Hard copy at beginning of class; Turnitin by 3 pm
Mar 2	GUEST LECTURER: Jill Hamilton MD: Fetal Programming Group Activity #4
Mar 9	Treatment of obesity: GUEST LECTURER: Brian McCrindle MD Hospital for Sick Children Motivational Interviewing Treatment of obesity Group Activity #5
Mar 16	Food Intake Regulation Group Activity #6 Research Paper due Hard copy at beginning of class; Turnitin by 3 pm
Mar 23	Treatment of obesity: Medical model Group Activity #7
Mar 30	Treatment of obesity: Other ways of looking at obesity Group Activity #8
Apr 6	Individual Quiz #2 (one "cheat sheet" permitted) Group Quiz #2 Based on lecture material from Feb 24 to Mar 30 inclusive

Assessments	Due Date	Weight (%)
Group activities	Jan 27, Feb 3, 24, Mar 2, 9, 16, 23, 30	12 (1.5% x 8)
Annotated bibliography	Feb 3 Hard copy at beginning of class Turnitin 3 pm	4
Individual quizzes #1 & #2 (Multiple choice) One cheat sheet permitted	Feb 10 & Apr 6	24 (12% X 2)
Group quiz #1 & #2 (Multiple choice) One cheat sheet permitted	Feb 10 & Apr 6	3 (1.5% X2)
Take Home Term Test: Based on readings posted on Blackboard	Feb 24 Hard copy at beginning of class Turnitin 3 pm	25
Research paper	Mar 16: HARD COPY: beginning of class Turnitin: online by 3 pm	32
TOTAL:		100

TURNITIN:

In this course, students will be required to submit their assignments to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site.

All students are expected to submit to Turnitin, which is voluntary, or provide an alternative. Failure to do so could result in a grade of **ZERO** for the assignment. For those who do not submit to Turnitin, as an alternative you will be expected to meet with Dr Gurfinkel for a short **oral test** during which you will be asked questions about the process of writing of the research paper and your knowledge of its content. Your mark may be modified based on how well you answer these questions.

Instructions on how to submit assignments to Turnitin will be posted on Blackboard.

ELECTRONIC COMMUNICATION WITH INSTRUCTOR:

A discussion board will be set up on Blackboard where students can ask questions about the lecture material. Students are asked to limit the use of e-mail to specific questions about your assignment or subjects of a more personal nature.

STUDENT E-MAIL:

You are responsible for ensuring that your U of T e-mail is set up AND properly entered in ROSI. If you do not enter your email account properly in ROSI, you will NOT be able to receive emails from your instructor as @utoronto.ca addresses are the only addresses used by Blackboard. You are also responsible for checking your U of T email account on a regular basis. Failure to do so is not an acceptable excuse for missing important messages.

ANNOUNCEMENTS:

Announcements are posted on the course website and it is the student's responsibility to check there regularly. These announcements include reminders of important dates and course activities.

POLICY REGARDING MISSED QUIZZES AND TERM TESTS:

Group work is a very important part of this course and students are expected to attend all group work sessions. If scheduling conflicts will necessitate repeated absences from class the student is urged to consider seriously whether this course is suitable for them.

If you miss a quiz, please contact Dr Gurfinkel IMMEDIATELY. Except for compelling reasons, such as illness, personal distress or similar unforeseeable circumstance, all students will be given a grade of ZERO if they miss a quiz.

Arrangements must be made with Dr G to make up a missed assessment. Written documentation (e.g. U of T medical certificate for medical reasons; brief written explanation for issues of personal distress-contact Dr G) explaining your absence is required.

IMPORTANT: Often students don't believe their situation is compelling, when in fact, it is, so please speak to Dr. G, whatever your circumstances. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, should discuss their situation with their college registrar and may be asked for additional documentation.

POLICY REGARDING LATE SUBMISSION OF ASSIGNMENTS:

Hard copies of the take home term test and assignments are due at the beginning of class.

Assignments will be accepted after class, up to 4:45 pm on the due date, but there will be a 10% penalty (e.g. Initial grade 85% - 10% penalty = Final grade 75%) and you must follow the procedure below:

- 1) Leave the assignment with Dr G in her office (FG142), 150 College St) or, if she is not there, leave your assignment in FG316, the main office of the Department of Nutritional Sciences. Be sure to have your assignment stamped "received" and dated then
- 2) E-mail Dr G, the SAME day, so she knows your assignment is available in FG316.

Note: The hard copy of your assignment is the only version which will be graded. Submitting your assignment to Turnitin or by e-mail as "proof" of its timely completion is NOT acceptable; timely completion includes the budgeting of travel time to ensure you can submit your hard copy.

NO ASSIGNMENT WILL BE ACCEPTED after the due date except for compelling reasons such as illness, personal distress, or similar unforeseeable circumstance. Written documentation (e.g. U of T medical certificate for medical reasons <http://www.illnessverification.utoronto.ca/getattachment/index/Verification-of-Illness-or-Injury-form-Jan-22-2013.pdf.aspx>) or a brief verbal or written statement, explaining your absence, is required.

Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, should discuss their situation with their college registrar and may be asked for additional documentation.

Please contact Dr G IMMEDIATELY by e-mail to be granted assignment extensions.

Please note that poor time management, having several assignments due at the same time, having to study for term tests, etc are generally NOT compelling reasons for an extension. Students are expected to complete their assignments as best they can, hand them in on time, even if incomplete, and accept that they may not get as high a grade as they would like.

If you are uncertain if you have compelling reasons for an extension or if you are unable to contact Dr. G for an extension prior to the due date, then you should:

- 1) FIRST hand in as much of the assignment as you possibly can on the due date and THEN
- 2) Make an appointment to meet with Dr G to discuss your situation. All discussions are kept confidential.

IMPORTANT!!!: Often students don't believe their situation is compelling, when in fact, it is, so please speak to Dr. G, whatever your circumstances.

POLICY REGARDING ASSIGNMENT/TERM TEST RE-READS:

If you have more substantive concerns about the grading of your assignment or term test you may request a re-read but you must follow precisely the instructions below:

Submit the original hard copy and marking rubric. Indicate your concerns in writing on a separate sheet of paper. If you feel you were not given credit for an idea, clearly highlight or underline the sentences in your assignment that express these ideas and explain why you think you merit additional credit. Dr G will not do the re-read if this procedure has not been followed. Your mark can go up, down, or stay the same. Please note that the higher your original mark (especially marks >80%) the less likely an upward adjustment in your mark will occur. Dr. Gurfinkel's decision is final.

Deadlines for rereads: One week after the assignment or term test is returned, unless otherwise indicated.

ACADEMIC INTEGRITY:

Students are expected to conduct themselves with academic integrity. The Code of Behaviour clearly describes activities that are considered academic misconduct :

<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>

Students are urged to regularly review the code as ignorance of the rules is not an acceptable excuse.

ACCESSIBILITY NEEDS:

The University of Toronto is committed to accessibility. If you require accommodations for a disability, or have any accessibility concerns about the course, the classroom or course materials, please contact Accessibility Services as soon as possible: <http://studentlife.utoronto.ca/accessibility>

HELP WITH ACADEMIC SKILLS:

Academic Success Centre: The Academic Success Centre provides workshops, peer mentoring, and other resources to help all students improve their academic skills. Check out the available services at: <http://www.asc.utoronto.ca/>

English Language Learning: Provides support to students for whom English is a second language. It also supports native speakers who would like to improve their language skills. Check out available services at:

<http://www.artsci.utoronto.ca/current/advising/ell>

Writing Centres: Writing Centres provide assistance with writing assignments for all students. Check out available services at: <http://www.writing.utoronto.ca/writing-centres>