

2019-1-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:

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

PREREQUISITES:

NFS284H, BCH210H, PSL300, PSL301

INSTRUCTOR AND CONTACT INFORMATION:

Debbie Gurfinkel: debbie.gurfinkel@utoronto.ca

Office hours: Fridays: 1-5 pm MS 5267 Medical Sciences Building from January 11 to Apr 5 inclusive.

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

Phone: 416-978-3621

COURSE TIME, LOCATION, WEBSITE:

Wednesday 9-12 : MS 4171 Medical Sciences Building

Course website is available on Quercus.

TEXTBOOK: There is no required textbook for this course.

COURSE ORGANIZATION:

The course will include a combination of lectures 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 Quercus on **Tuesday January 22**. There are 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. There are two short answer tests (**Feb 6 & Mar 20**) that will have a similar format as these group activities.

COURSE SCHEDULE:

Date	Lecture Topic
Jan 9	Course overview & Review of carbohydrate & lipid metabolism
Jan 16	Discussion of Assignments.
Jan 23	Consequences of Obesity: Insulin Resistance and Type-2-Diabetes Group Activity #1
Jan 30	Consequences of Obesity: Cardiovascular Disease, Hypertension Group Activity # 2 Annotated bibliography due
Feb 6	Short Answer Test – On material Jan 9, 23, & Jan 30 inclusive

Feb 13	Energy Metabolism Group Activity #3 Reading the Obesity Literature Assignment due
Feb 20	<i>Reading Week: No class</i>
Feb 27	GUEST LECTURER: Brian McCrindle: Hospital for Sick Children: Motivational Interviewing Treatment of obesity Group Activity #4
Mar 6	Food intake regulation: Gut peptides Reflective piece on motivational interviewing due online at 9 AM Group Activity #5
Mar 13	Weight Management: Clinical Case Study Group Activity #6 Research Paper due
Mar 20	Short Answer Test – On material Feb 13, Mar 6, Mar 13 inclusive
Mar 27	Childhood Obesity Group activity #7
Apr 3	Other ways of looking at obesity Changing the Obesogenic Environment Group Activity #8

COURSE ASSESSMENTS:

Assessments	Due Date	Weight (%)
Group activity #1- #8	Weekly Jan 23 to Apr 3 (except Feb 6 & Mar 20)	8 (1% x 8)
Obesity & Cancer: Annotated Bibliography	Jan 30: Online submission at 9 AM Hard copy at beginning of class	6
Short Answer Test 1 (closed book)	Feb 6 (Based on material covered Jan 9, 23, 30 inclusive)	12
Reading the Obesity Literature Assignment: Based on readings posted on Quercus	Question(s) based on papers will be available on Feb 6 at 5 pm. Feb 13 Online submission at 9 AM Hard copy at beginning of class	25
Reflective Piece on Motivational Interviewing	Mar 6: Due online at 9 AM	2
Obesity & Cancer: Research Paper	Mar 13: Online submission at 9 AM Hard copy at beginning of class	35
Short Answer Test 2 (closed book)	Mar 20 (based on material covered Feb 13, Mar 6, Mar 13 inclusive)	12
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 either submit to Turnitin, which is voluntary, or provide an alternative. On Quercus, online submissions will automatically be submitted to Turnitin, but you will have to agree to the Turnitin license agreement. If you have issues with Turnitin, please contact Dr G to arrange an alternate submission. Briefly, 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 writing of the assignment and its content. Your assignment grade may be changed based on how well you answer these questions.

Dr. Gurfinkel reviews the Turnitin submissions and will e-mail students if there are any concerns about their writing. Often this is no more than a discussion of how to properly paraphrase and/or cite references, but the deduction of marks may also result. Failure to respond to such an e-mail **will** result in the deduction of assignment marks. If a serious case of plagiarism is suspected, the student's assignment will be forwarded to the Office of Academic Integrity for review and possible sanction.

ELECTRONIC COMMUNICATION WITH INSTRUCTOR:

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

QUERCUS NOTIFICATIONS AND ANNOUNCEMENTS:

Students are directed to the **Student Quercus Guide** for information on how to navigate Quercus: https://q.utoronto.ca/courses/46670/pages/student-quercus-guide#h_715083276961534948795461 Announcements are posted on the course website and it is the student's responsibility to read these regularly and to regularly check the course website for new content, upcoming due dates, and the release of grades. **It is strongly recommended that students leave their Quercus notifications on**, to be automatically be advised of Quercus announcements, posting of new course content, upcoming due dates, the releasing of grades and other course website changes and additions.

GROUP WORK:

Group work is a very important part of this course and students are expected to attend all group work sessions. If course conflicts necessitate repeated absences from class, students are urged to consider seriously whether this course is suitable for them as no accommodations will be made for students in this situation.

POLICY REGARDING MISSED TESTS & GROUP ACTIVITIES

If you miss a test, it will be necessary to write a make-up test. **If you miss a test, please contact Dr. Gurfinkel as soon as possible, but no later than 1 week after the test was written, to schedule a make-up test.**

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 test or group activity. You will be asked to provide a reason for your absence. This can be a written explanation from you or a verification of illness or injury form: <http://www.illnessverification.utoronto.ca/index.php> . If you prefer, verbal explanations will also be accepted. See Dr. Gurfinkel during her office hours Fridays 1-5 pm (MS 5267) or phone 416-978-3621. All discussions are kept confidential. Students dealing with intense or ongoing personal

distress or chronic illness, who may need special and continuing accommodation are advised to discuss their situation with their college registrar.

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

POLICY REGARDING LATE SUBMISSION OF ASSIGNMENTS:

Assignments (Annotated Bibliography, Literature Reading, and Cancer-Obesity Paper) are due online at 9AM on the stated due dates. A hard copy is also due at the beginning of class on the due date. **An assignment will be judged late based on the digital time stamp on Quercus.**

NO LATE ASSIGNMENTS WILL BE ACCEPTED except for compelling reasons such as illness, personal distress, or similar unforeseeable circumstance. Please contact Dr. Gurfinkel by e-mail as soon as possible (debbie.gurfinkel@utoronto.ca) to request an extension. You will be asked to provide a brief explanation for the request. This can be a written explanation from you or a verification of illness or injury form: <http://www.illnessverification.utoronto.ca/index.php> . If you prefer, verbal explanations will also be accepted. See Dr. Gurfinkel during her office hours Fridays 1-5 pm (MS 5267) or phone 416-978-3621. All discussions are kept confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation are advised to discuss their situation with their college registrar.

Please note that poor time management, having several assignments due at the same time, having to study for term tests, etc are generally NOT considered compelling reasons for an extension. Extensions for these reasons are only granted in very rare situations. 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. 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.

Accessibility Services: If you are registered with Accessibility Services, extensions are provided in accordance with the terms of your letter of accommodation.

POLICY REGARDING ASSIGNMENT/TEST RE-READS:

Re-read Requests: If you have substantive concerns about the grading of an assignment, you may request a re-read online. A link will be made available on Quercus for you to upload your request and any supporting files. Describe as specifically as possible your concerns. This can be in the form of comments, or alternatively, or in addition, an uploaded copy of your assignment with annotations and/or highlighting that indicate the specific areas of concern. If comments about your assignment are not included with your request, a re-read will not be done. As a result of the re-read, **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. G's decision is final.

Deadlines for rereads: One week after the assignment 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>