

# **HPEA 2010-11**

## **Weight Management Course**

### **Summary:**

To research, develop, and implement a Weight Management course at Lane Community College in the Health/PE/Athletics Department. This course could be offered using a traditional face-to-face learning format, as well as hybrid and online formats.

### **Description**

This initiative requests curriculum development funding for a Weight Management course. Offering a Weight Management course will expand and broaden current health offerings to better meet the needs of students. The course will specifically address the psychological and physiological aspects of overweight and obesity, prevention strategies, evidence based treatment modalities, and comprehensive costs to society. A few topics introduced in other health courses (e.g. Personal Health and Lifetime Health & Fitness) will be comprehensively expanded upon to give the participant an in-depth understanding of the subject matter. Several community colleges and Universities across the country already offer similar courses, and considering over 2/3 of the population is currently overweight or obese, this course would serve a vital role in providing knowledge and practical skills that are often unavailable.

### **Questions and Answers**

**How is the initiative linked to the Unit Plans most recently submitted?**

- 1. How does it continue the achievement of those goals?**
- 2. If this is a continuation of an initiative started last year, make sure that relationship is clear.**

**How is this initiative linked to the efficiencies and productivities plans you had last year?**

- 1. How does it continue the achievement of these plans?**
- 2. If this is a continuation of an efficiency or productivity plan started last year, make sure that relationship is clear.**

How is the initiative linked to the Unit Plans most recently submitted?

Past Unit Plans have included expanding the diversity of our health curriculum, increasing student engagement, offering sections at different times, and offering sections that use a variety of learning modalities (e.g. hybrid and online)

1. How does it continue the achievement of those goals?

This course offering furthers the achievement of the top goals of the Division of Health, Physical Education & Athletic.

2. If this is a continuation of an initiative started last year, make sure that relationship is clear.

Goal 1: Increase the diversity of our curriculum offerings.

A Weight Management course increases the diversity of our curriculum offerings. The department currently offers 7 different health courses that currently fill to capacity. The development of a Weight Management course would complement the existing health offerings while at the same time provide another course option for students.

Goal 2: Expand the learning environment by offering more distance learning options.

The developer of the Weight Management course currently uses the Moodle learning management system to augment and complement the traditional classroom-learning environment. The course developer plans to offer the Weight Management course as on online and/or hybrid course in addition to the traditional lecture format.

Goal 3: Offer sections at various times to meet student needs.

The development of an additional health course will enable the department to increase the diversity in the times and learning modalities for the health courses offered to better meet student needs.

How is this initiative linked to the efficiencies and productivities plans you had last year?

Efficiencies and productivities plans were not submitted as part of our Unit Plan last year.

1. How does it continue the achievement of these plans?

2. If this is a continuation of efficiency or productivity plan started last year, make sure that relationship is clear.

### **Describe the resources needed:**

To develop the Weigh Management course, I am requesting a total of 100 hours of curriculum development support funding to develop a course outline, class projects, quizzes, exam, and assignments.

**What specific measurable program outcomes do you expect to achieve with this initiative? The outcomes should be specific enough to be measurable. Also, outline the method that will be used to determine the results.**

The measurable program outcome that will be achieved with the development of the Weight Management course is increased FTE and enrollment. Currently, all of the health courses (averaging 35 courses per term) are at maximum enrollment. The addition of another health course offering would increase current FTE and enrollment. A Weight Management course would also provide additional choices for students when enrolling in a health course. This outcome will be measured by tracking enrollment each term.

### **Department Priority:**

1

### **Unit Resources:**

Part-time budget will increase \$3275.74

\$3275.74 Part Time Salary + OPE each section.

- Current department resources that will be devoted to this initiative include the following:
- Current instructors and workload. The requested 100 hours of curriculum development hours will only provide a small percentage of work time invested in the development of a new Holistic Health course.
- Course Materials/supplies. The course materials will be provided at no charge from the various publishing companies.
- Course equipment. The current available AV equipment will be used to effectively teach the course.

### **Funding Request: Carl Perkins**

**Is this a Career & Technical Education program approved by the state and offered through Lane for credit?**

No

**If not a Career & Technical Education program, does your request provide considerable support for students enrolled in these programs?**

No

**Do you have an advisory committee that meets 2-3 times per year?**

No

**If request is for personnel, will funds be used to replace an existing position?**

**How will funding this initiative increase or sustain the academic achievement and technical skills attainment (GPA of 2.0 or better) of Career and Technical Education students?**

**How will funding this initiative increase or sustain the number of CTE students that graduate or receive a one year certificate from Lane and help prepare the students for employment?**

**EQUIPMENT \$**

**COMPUTER HARDWARE \$**

**COMPUTER SOFTWARE \$**

**MATERIALS & SUPPLIES \$**

**CURRICULUM DEVELOPMENT (Hours)**

**PART-TIME FACULTY \$**

**TIMESHEET STAFF \$**

**TRAVEL \$**

**Can this initiative be partially funded?**

No

**EQUIPMENT \$**

**(E) Explanation of effect of partial funding:**

**COMPUTER HARDWARE \$**

**(CH) Explanation of effect of partial funding:**

**COMPUTER SOFTWARE \$**

**(CS) Explanation of effect of partial funding:**

**MATERIALS & SUPPLIES \$**

**(MS) Explanation of effect of partial funding:**

**CURRICULUM DEVELOPMENT (HOURS)**

**(CD) Explanation of effect of partial funding:**

**PART-TIME FACULTY \$**

**(PF) Explanation of effect of partial funding:**

**TIMESHEET STAFF \$**

**(TS) Explanation of effect of partial funding:**

**TRAVEL \$**

**(T) Explanation of effect of partial funding:**

**Funding Request: Curriculum Development**

**1. List the following information**

- **Course Numbers (titles if not currently offered)**
- **Instructor Name(s) who will work on the curriculum development**

- **Whether each of the courses is in, or has been through, the curriculum approval process**

Weight Management (no course number because this course is not currently offered)

Instructor who will work on the curriculum development: Kristen Olmos.

This course has not been through the curriculum approval process.

## **2. List each course number (or title) and the materials to be created for each class**

- **Instructional goals, objectives, syllabi and outlines**
- **Lab instruction packets**
- **Practice, quiz, presentation &/or demonstration materials**
- **Other (specify)**

The following materials will be created for the Weight Management course as a result of the curriculum development funding:

- Instructional goals, objectives, syllabus and course outline.
- A course packet that students will use along with the required textbook to encourage critical thinking and personal application of the course curriculum. (This course packet will be available in an online, Moodle format.)
- Homework assignments and assessment will be developed to assess student understanding the course material.
- Videos and other technological resources will be researched and reviewed to offer additional, but complementary viewpoints of various subjects related to Weight Management.
- Quizzes and exams will be created to assess student understanding of the course material.

## **3. List each course number (or title) and give your timeline for beginning and completing each course curriculum development.**

- July 2010: Syllabus development (including course objectives and outlines)
- July to August 2010: Actual course development of individual subjects that will be included in the course curriculum (e.g. chapter outlines/lectures presentations, homework assignments, video selections, multi-media resources, student assessments, quizzes and exams).
- September 2010 (Fall term 2010): Offer 1 or 2 sections of Weight Management.
- January 2011 (Winter term 2011): Offer 1 section of Weight Management via distance learning (online) in addition to at least one traditional on campus offering.

## **4. What are up to 3 departmental instructional goals that are met through the development of curriculum in each class?**

Developing and offering a Weight Management course will meet the following departmental instructional goals:

- Increase the diversity of our curriculum offerings
- Expand the learning environment by offering more distance learning options.
- Offer sections at various times to meet student needs.

**5. List each course number (or title) and give the value of the development of curriculum in each course to other faculty members.**

The Weight Management course will be valuable to other health faculty members because some of the course curriculum developed could be used in other health courses currently offered in the department. The instructor of the Weight Management course could work collaboratively with other health instructors to discuss the integration of Weight Management curriculum into existing course offerings.

**6. List each course number (or title) and say how many students will be served by the development of curriculum in each class.**

Depending on the number of sections offered each term, the number of students served by the development of curriculum will vary. For each section of Weight Management course offered, approximately 33 students will be served each term. The course would be offered each term, including summer term. Therefore, the number of students served would average 132-264 students each academic year.

**7. List each course number (or title) and give the specific benefits to students that you expect from the development of curriculum in each class.**

The specific benefits we would expect students to receive from the development of a Weight Management course would be the following:

- Thorough understanding of the relationship between nutrition, physical activity, psychosocial challenges, stress, and genetics to lifelong maintenance of a healthy body weight.
- Improve ones awareness of the public health issues surrounding what is now being called the obesity epidemic.
- Better understanding of researched based statistics, health consequences of overweight and obesity, and best practices for success.
- Increase awareness of how weight obsession negatively impacts weight loss efforts.
- Better understanding of size discrimination and the stigma of fat.
- Improve ones understanding of their own relationship with food as it applies to body image, stress, anxiety, and relationships.
- Be a knowledgeable consumer who can discern quality weight loss information from fraudulent claims.
- Improve ones ability to assess their personal eating and exercise behaviors, set appropriate goals and objectives, plan a balanced eating and exercise program, and adhere to that program.
- Better understanding of personal barriers to change; and subsequently set specific, measurable, attainable, realistic and timely goals for weight management.

**8. List each course number (or title) and give the specific benefits for diversity that you expect from the development of curriculum in each class.**

The Weight Management course curriculum would include various aspects of diversity, including, but not limited to, gender, age, socioeconomic background, sexual orientation, and race. The benefits of the course would center on more tolerance of diversity (including the unfortunate practice of size discrimination) and a better understanding of diversity surrounding Weight Management.

**9. List each course number (or title) and give the specific benefits to sustainability that you expect from the development of curriculum in each class.**

The Weight Management course would positively reinforce social, financial, and environmental sustainability.

Social sustainability benefits can be achieved as a result of the course in many ways; ending the social stigma of being overweight/obese, prevention of overweight/obesity, and instruction of effective weight management techniques. Current statistics estimate 66% of the adult population is classified as overweight/obese. Although being overweight/obese can be looked upon as a medical condition, there are heavy psychological burdens associated with it as well. This social stigma can negatively impact employment, health, personal identity, relationships, healthcare, even entrance into college. The social stigma often causes those to dislike themselves and become reclusive, lead to alienation, dangerous levels of anxiety and chronic depression. Through education, this course empowers individuals to stop this stereotype, and for those overweight/obese, to become empowered to attain risk reduction. This course also encourages respectful behavior of all people, regardless of gender, gender identity, ethnicity or ethnic origin, age, sexual orientation or social status.

The Weight Management course will be well received by students in a department where all of the health courses offered are over-enrolled every term therefore achieving economic sustainability for the college. In addition, financial sustainability can be achieved by learning the value of prevention.

The Weight Management course also supports environmental sustainability by requiring few raw materials. The instructor of the course will utilize online teaching tools to reduce waste and encourage environmental sustainability. Students will also learn cooking methods that ensure food production that is environmentally sensitive, economically viable, and sustainable over the long term, and socially responsible.

**10. List each course number (or title) and give the specific effects on distributed learning that you expect from the development of curriculum in each class.**

Developing and offering a Weight Management course would increase distributed learning within the Health/PE/Athletics department as well as campus wide. Within our department we have seen an amazing need for distributive learning, especially in times when people need to both work and further their education simultaneously. The Weight Management course will be offered online which would increase the availability of distributed learning at Lane Community College.

**Hours requested for Curriculum Development funding:**

**Please enter the amount of one of the following:**

- **100 hours maximum for new development.**
- **70 hours maximum for course revision**
- **50 hours for 3-4 credit conversion**
- **other (use if multiple courses addressed in one initiative**

**Do not enter any characters other than numbers and a decimal.**

**How many hours are you requesting? If there are multiple courses addressed in the initiative, please list each course number (or title) and give the number of hours requested for each course.**

100

**Can this initiative be partially funded?**

No

**Partially funded curriculum development HOURS requested:**

**Explanation of effect of partial funding:**

**Funding Request: Technology Fee**

**1. Category of request**

- **Maintain existing technology**
- **Increase student access to technology**
- **New technology**

**Please type in the category of the request in the field below.**

**2. Campus location**

- **Main Campus**
- **Downtown Center**
- **Florence**
- **Cottage Grove**
- **CLC (list specific locations)**

**Please type in the location of the request in the field below.**

**3. Names of the person(s) with more information (if needed):**

**4a. Budget ORGN**



**4b. Budget PROG**

**5.How many students will benefit per year?**

**6. Describe the benefit?**

**COMPUTER HARDWARE \$**

**COMPUTER SOFTWARE \$**

**STAFFING \$**

**INSTALLATION \$**

**LICENSING \$**

**Can this initiative be partially funded?**

No

**COMPUTER HARDWARE \$**

**(CH) Explanation of effect of partial funding:**

**COMPUTER SOFTWARE \$**

**(CS) Explanation of effect of partial funding:**

**STAFFING \$**

**(S) Explanation of effect of partial funding:**

**INSTALLATION \$**

**(I) Explanation of effect of partial funding:**

**LICENSING \$**

**(L) Explanation of effect of partial funding:**