**Advanced Exercise Science: Globesity, the Global Obesity Problem**  
- EXSS 417  
Summer 2018

**Class time:** Monday – Thursday 10.30 am – 12.25 pm  
**Name of Faculty:** Dr. Donald Rodd  
**Contact details:** dr24@evansville.edu

**Course Description**
This Harlaxton College course is a 3-credit hour class that offers a unique opportunity for students, of all majors, to study abroad and to examine the global obesity problem from the US and British perspectives. This course utilizes a comparative approach to examine the obesity rates, economic impact, and national security implications of the global obesity problem on society with emphasis on the comparison between the US and UK. In addition, a comparative approach will be used to evaluate the strategies used by the US and UK to alleviate the obesity problem.

**Credit Hour Policy Statement**
The course will be delivered over five weeks. To achieve the requisite number of credit hours for a 3-Credit course and meet the University of Evansville Credit Hour Policy:
Face-to-Face time: Students and faculty will spend a total of 40 hours in seminar, class discussion, group work and workshops at Harlaxton Manor, over 5 weeks. These will be complemented by visits to NHS rehabilitation programmes and other relevant health care facilities.
This class will therefore meet the federal credit hour policy of 45-75 hours for each credit hour through a combination of: 1) class lecture/discussion and group work; 2) individual study time; and 3) supervised fieldtrips and visits.

**Learning Objectives**
Listed below are the Learning Objectives for the course:
- Students will compare US and UK Health and Wellness data with an emphasis on obesity.
- Students will examine etiologies of obesity from a global perspective.
- Students will appraise the strategies used by many countries to mitigate obesity from a global perspective.
- Students will evaluate the professions representing the US and British health care systems that may be involved with the obesity problem.
- Students will evaluate various career opportunities in Health and Wellness.
Assessment and Grading Criteria

Grading: Listed below are the points for each grading category.

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
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<tbody>
<tr>
<td>Class Participation</td>
<td>50</td>
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<tr>
<td>Journal and other assignments</td>
<td>50</td>
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<tr>
<td>Paper</td>
<td>100</td>
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<tr>
<td>Final Presentation</td>
<td>50</td>
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<td>Final Exam</td>
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Grading Scale:

- **A**: 93-100%
- **A-**: 90-92
- **B+**: 87-89
- **B**: 83-86
- **B-**: 80-82
- **C+**: 77-79
- **C**: 73-76
- **C-**: 70-72
- **D+**: 67-69
- **D**: 60-66
- **D-**: 59 & below

Teaching Methods

Key Text(s):

A specific textbook will not be used, rather, articles will be provided via Blackboard prior to class for discussion.

Other Class Materials:

Web Sites: Specific web sites will be used to gather information particularly about the NHS

**NHS:**
The National Health Service is the name of the publicly funded healthcare systems in the United Kingdom. For a brief overview of the NHS please read the information in the NHS web site: [http://www.nhs.uk/NHSEngland/thenhs/about/Pages/overview.aspx](http://www.nhs.uk/NHSEngland/thenhs/about/Pages/overview.aspx) and read the four tabs, overview, structure, trusts and principles.

For an overview of the services, please read some of the information in the NHS web site: [http://www.nhs.uk/NHSEngland/AboutNHSservices/Pages/NHSServices.aspx](http://www.nhs.uk/NHSEngland/AboutNHSservices/Pages/NHSServices.aspx)

Teaching Methods:

This class will utilize lecture type classes to provide the basic information necessary for success. Active participation from all students is expected to engage in classroom discussion. Since this class is part of the larger UE Summer School, this class may be combined with other UE Summer School classes.

Field trips are an important part of the learning experience and we will incorporate several field trips into the class and some will be combined with other UE Summer School classes. Most of the trips are incorporated into the learning experience of the class to provide historical and contemporary perspectives for health, wellness, health care systems and health care delivery.

One of the most important components of your Harlaxton education is the out of classroom experience. Travel is an important component of this class and the summer Harlaxton experience. It is important for you to think about the concepts of the class and observe and ask questions of the people in country for their perspective of the NHS and how the NHS contributes to good health and mitigating obesity. With that in mind, you are required to keep a journal of your activities, including travel, while at Harlaxton and provide weekly submissions of your journal entries.
A 10-page paper is required to summarize the similarities and differences between the British and American approach to the obesity problem. You may explore some topic or topics in more detail, please check with me prior to starting your paper to prevent duplication in focus areas. Each student will present their work during the last week of class.

To finalize the summer experience each student will provide a summary of their paper and incorporate their summer experience into the presentation.

Further Information about the Course

While the title of the course appears to be broad, the main focus is to examine the obesity problem from at least two perspectives, the US and UK. Some of the issues that will be examined include:

- Is the obesity problem the same in the US and UK? We will examine the statistics.
- What is the economic impact of obesity in the US and UK?
- Are both overweight and obesity a problem?
- Does the US and UK use the same strategies to mitigate obesity?
- The health care systems of the US and UK are very different, how do these vastly different systems approach obesity, particularly from a cost/reimbursement perspective?

Schedule of Topics

| Week 1 |  
| --- | --- |
| Monday May 28 | Introduction to class and overview of class material. Historical Perspective of Obesity |
| Tuesday May 29 | Classes Combined Dr. Stroube provides a History of England with an Emphasis on Healthcare Milestones |
| Wednesday May 30 | Classes Combined Overview of National Health Service |
| Thursday May 31 | Classes Combined Historical Perspective of Healthcare in USA |
| Friday June 1 – Sunday Jun 3 | London Weekend Trip |
|  
| **Week 2** |  
| Monday June 4 | Define Obesity and look at global obesity data |
| Tuesday June 5 | UK -US Comparison |
| Wednesday June 6 | Economic Impact of Obesity from a global perspective |
| Thursday June 7 |  
| Saturday June 9 | York Day Trip |
| Sunday June 10 | Cambridge Day Trip |
### Schedule of Assignments

#### Week 1
- **Tuesday May 29**  
  First Journal Submission

#### Week 2
- **Monday June 4**  
  Second Journal Submission

#### Week 3
- **Monday June 11**  
  Third Journal Submission

#### Week 4
- **Monday June 18**  
  Fourth Journal Submission

#### Week 5
- **Monday June 25**  
  Student Presentations  
  Fourth Journal Submission
- **Tuesday June 26**  
  Student Presentations
- **Wednesday June 27**  
  Final Exam

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<thead>
<tr>
<th>Week 3</th>
<th>Monday June 11</th>
<th>Health and Wellness implications of Obesity</th>
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<tbody>
<tr>
<td></td>
<td>Tuesday June 12</td>
<td>Overweight and Obesity have the same health problems?</td>
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<td></td>
<td>Wednesday June 13</td>
<td>Can we be Fit and Fat?</td>
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<td>Thursday June 14 - Sunday June 17</td>
<td>Long Weekend Paris Trip</td>
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<th>Week 4</th>
<th>Monday June 18</th>
<th>Strategies to correct obesity, global approach or country specific?</th>
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<tr>
<td></td>
<td>Tuesday June 19</td>
<td>Continue from previous</td>
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<tr>
<td></td>
<td>Wednesday June 20</td>
<td>Continue from previous</td>
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<tr>
<td></td>
<td>Thursday June 21</td>
<td>Health Professions in the NHS</td>
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<td>Friday June 22 – Sunday June 24</td>
<td>Edinburgh Weekend Trip</td>
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<th>Week 5</th>
<th>Monday June 25</th>
<th>Student Presentations</th>
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<td></td>
<td>Tuesday June 26</td>
<td>Student Presentations</td>
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<td>Wednesday June 27</td>
<td>Final Exam</td>
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- **Week 3**
- **Week 4**
- **Week 5**

Attendance Policy

Harlaxton College operates a mandatory attendance policy that is binding on all faculty and students.

In the Summer Semester only ONE unexcused absence will be allowable. Additional unexcused absences will attract an overall grade penalty of a third-of-a-letter grade for each unexcused absence (e.g. one additional unexcused absence would result in an A- being reduced to a B+).

Students are responsible for the academic consequences of their failure to attend class.

Drop/Add and Withdrawal Policy

The course is subject to the UE drop/add policy as modified to apply to a summer semester of study in the UK context.

Disability Policy

It is the policy of the University of Evansville (Harlaxton College) to make reasonable accommodations for students with properly documented disabilities. University of Evansville students should contact the Office of Counselling and Health Education to seek help with this. Students from Partner Universities/Colleges should contact their own relevant student support office. For assistance whilst at Harlaxton students should contact the College Secretary whose office is located adjacent to the Principal’s office.

Written notification to faculty from the College Secretary is required for academic accommodations to be implemented.

Honor Code

All students at the University of Evansville (Harlaxton College) agree to and are bound by the principles and practice of the Honor Code:

‘I understand that any work I submit for course credit will imply that I have adhered to this Academic Honor Code: I will neither give nor receive unauthorized aid, nor will I tolerate an environment that condones the use of unauthorized aid.’

The full Honor Code is available online:
https://www.evansville.edu/offices/deanstudents/downloads/honorcode.pdf