



LILIE, LLC Course Information

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Title of Course (*45 hours*): Obesity's Impact on the Student Experience

Course Description:

An epidemic of obesity is compromising the lives of millions of Americans, especially children and adolescents. Obesity is a physical and mental health issue and it is important for educators to understand the psychological and social factors affecting obese students in today's school environment. Teachers need to be aware of the sensitivity of this epidemic, the perception of society toward the obese, and ultimately how it impacts instruction, classroom setting, and both academic and social success.

Overall Course Objective and Expectation(s):

This course will provide a broad range of statistics, facts, studies, skills and resources that will enable educators to combat childhood obesity in order to help students be successful in both personal and academic life.

Course Instructional Materials:

All courses maintain a fully developed and dynamic webpage that houses all resources, reference material and various other required informational texts, videos and alike that is both active and relevant to course objectives and content. Course web pages are routinely updated to reflect most current research and available readings therefore instructional materials used to teach course objectives are subject to change.

Instructor Consultation and Interaction:

Real time consultation and instruction is provided through the LILIE, LLC discussion boards for each course/classroom on a daily basis.

Suggested Readings (*subject to change*):

- *Feed up: Winning the War Against Childhood Obesity* by Susan Okie
- *Moose* by Stephanie Klein
- *Our Overweight Children: What parents, schools and communities can do to control the fatness epidemic* by Sharron Dalton

Proof of Course Completion:

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits contemplated by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructors. These enrollee postings must be made four times each week in separate sessions. Enrollees will be required to submit a detailed log documenting at least 45 hours of course work, including discussion board posts, and will be required to apply information and strategies acquired from the course content to weekly classroom instruction. Attempts to falsify logs or discussion board entries will result in denial of credit and a report to the enrollee's employer.



Scope & Sequence/Weekly Topics and Objectives

Week 1

Topic(s):

Introductions, Definitions, Background Information, Psychological, Social, Mental and Health factors

Objectives:

- Define obesity.
- Explore prevalence and causes of childhood obesity
- Explain obesity in terms of body mass index (BMI)
- Differentiate between obese and overweight
- List and describe the Psychological, Social, Mental and Health factors that influence adolescent food behavior and dietary practices after visiting websites, reading articles, and viewing videos
- Describe the association between obesity and student success

Impact on Classroom Instruction:

Participants will consider their specific classroom “clientele” and by researching the psychological, social, mental and health factors of obesity they will be able to recognize which patterns help promote effective instruction and which ones take away from that experience.

Learner Outcomes:

- Students will be able to understand the importance of weight issues and impact on education.
- Students will be able to define specific aspects of obesity, factors, and weight terminology.
- Students will be able to identify the risk factors of weight gain and key issues for children and parents.

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Discuss the role of lifestyle, genetic predisposition and other factors that effect childhood obesity via daily instructional opportunities and provide feedback and evaluation via course postings
- Assess and evaluate which factors are the most influential on weight issues and student success



Week II

Topic(s):

Obesity in Schools and Education

Objectives:

- Keep a one-week food/exercise journal.
- Familiarize yourself with the Federal Wellness Policy.
- Explain the role of schools and educators
- Describe the dangers of obesity on the student population
- Increase awareness of the types of foods needed to maintain a healthy lifestyle
- Increase awareness of the principles of balance and moderation in fitting snack foods and exercise into a healthy diet

Impact on Classroom Instruction:

Participants will compare their local Wellness policy with the Federal Wellness policy and make modifications to their own educational setting as well as make recommendations to their health and wellness building representative. They will start to create a detailed information guide about obesity, obesity treatment, resources and programs available to educators and students.

Learner Outcomes:

- Students will be able to formulate a plan of what works to help prevent children from becoming overweight including food choices and physical activity as referred to in FWP.
- Students will be able to apply the key components of successful program design for successful intervention programs to help combat obesity including evaluation.
- Students will be able to start creating a resource guide of materials available featuring childhood obesity.

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Discuss the methods and results of intervention programs and strategies.
- Provide encouragement and offer suggestions and resources to help reach goal(s).
- Post follow up questions on forum to further professional sharing and learning.



Week III

Topic(s):

Available Resources and Programs

Objectives:

- Watch the movie Super Size Me (2004, filmmaker Morgan Spurlock).
- Begin reviewing and compiling resources, programs and lesson plans that could be used to help promote a healthy lifestyle with the children in your school setting.
- Compile resource guide of available resources both locally, statewide and nationally

Impact on Classroom Instruction:

Participants will answer at least 5 educational questions connected to Super Size Me and explain if they could/would use this movie as an educational tool. They will compile a detailed information guide about obesity, obesity treatment, resources and programs available to educators and students.

Learner Outcomes:

- Commit to collaboration in schools and other learning communities as well as personal, school and community change as related to combating obesity.
- Use sites explored to inform students of information, options, help, prevention and support

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Implement improvements via daily instructional opportunities and provide feedback and evaluation via course postings.
- Moderate conversations regarding resources, lesson plans and programs available.

Week IV

Topic(s):

Solutions, Suggestions, Personalized Lesson Plans/Programs

Objectives:

-Reflect on:

- What behaviors as well as food choices impact emotions and energy levels.
- Overall view of obesity's impact on the student experience.
- What can you personally do to make a difference?

Impact on Classroom Instruction:

Participants will apply new information gleaned throughout course to create a healthy eating and exercise environment in order to facilitate students' educational success.

Learner Outcomes:

- Students will be able to design curricula and plan instruction based on knowledge of the subject matter, student needs, community, and curriculum goals.
- Review your one-week food journal.
- Explain what you found focusing on the behaviors/timing as well as the food choices and how they impact emotions and energy levels.
- Adapt a similar activity with students.

Assessment of Understanding and Learning/ Weekly Assignments (including but not limited to posting requirements set forth by LILIE, LLC):

- Provide feedback and evaluation of implemented improvements via course postings.
- Share resource guide (from Week 2).
- Share a lesson plan, unit activity program with class that incorporates healthy living.
- Professionally respond to classmates' postings, programs and suggestions.