Instructor: Adriana Coletta PhD, MS, RD
Contact information: adriana.coletta@hci.utah.edu
Office Hours/Location: Wednesdays, 10am-12pm, HPR N 250; or by appointment

Course Description:
This class will consider the inter-relationship between disease pathology and exercise participation. Specifically, within each chronic disease covered we will review the prevalence, incidence, healthcare costs, etiology, pathophysiology, complications, management, available evidence associating exercise with the disease, and explore established and potential molecular and physiological mechanisms underpinning these associations.

Pre- or co-requisites: None required. Course work in anatomy, physiology, biology, and biochemistry preferred.

Required Materials:
There are no assigned textbooks for this course; however, you will be required to find and read the article(s) assigned before or after each class (whichever method is most helpful for your learning process).

Student Learning Outcomes:
By the end of this course, you will be able to:
• Describe the etiology, pathophysiology, complications and management of different chronic diseases
• Examine the evidence associating exercise with different chronic diseases
• Decipher established and proposed mechanisms underpinning associations between exercise and different chronic diseases
• Appraise the pros and cons of exercise in the context of different chronic diseases

Teaching and Learning Methods:
This course will consist of a hybrid of lecture, in-class learning activities, and discussion.

Expectations:
• Of my students – I expect you to come to class on time and ready to listen and engage in course content and discussion. I value and encourage your intellectual curiosity. I expect you to behave in a respectful manner with fellow classmates and the professor. I will support an atmosphere in which the freedom to ask questions and learn without concern for harassment will be upheld. During class I expect you to put all cell phones away, and refrain from engaging on social media or other irrelevant websites and applications on their laptops.
• Of myself - I take responsibility for helping create a positive and respectful environment in which you are not afraid to participate, or come to me for help. I will arrive at class prepared and enthusiastic to facilitate student learning and understanding.

Course Policies:
• Use of cell phones and laptops
  o Please silence all cell phones and laptops prior to the beginning of class.
  o If you must take a call during class time, immediately leave the room so as not to disturb your classmates or Dr. Coletta.
  o Please limit laptop use to functions relevant for class.
• Missing class
  o If you miss class altogether or in part, you are expected to get updates from a classmate on the material that was missed. After having spoken with a classmate, you may then contact Dr. Coletta for additional information.
  o Dr. Coletta will not “make-up” missed information with you.
• Grading and Academic integrity
  o You are responsible for tracking your grades throughout the term and for knowing the registration, drop and withdrawal dates for the semester.
  o Course letter grades will be based on cumulative scores from course assignments and exams. Once the assigned work or exam is completed and grades are submitted, they can only be changed if Dr. Coletta has made a mathematical or recording error. Dr. Coletta will not assign additional work after the fact to improve a grade.
  o Letter grades are NOT negotiable.
  o Academic honesty and integrity is expected from all of us as members of the University of Utah community. Cheating, lying, or plagiarism will not be tolerated.
• Inclusivity
  o My intent for this class is to create a space where you, as the student, feel included, heard, and respected, and that your diverse identities and backgrounds are valued and viewed as an asset to our shared learning community. We all come to this course with unique life experiences, and there will be diversity of perspectives in our discussions. This diversity is our strength as we strive to communicate and connect across differences, and build an inclusive and equitable learning environment.

Evaluation:
• Class Participation (weekly)
  o Our class consists of students from diverse but inter-related disciplines in order to foster intellectually stimulating discussion and activities from a multitude of perspectives. Each class will include a learning activity and conclude with a discussion on the pros and cons of exercise in relation to the specific disease covered.
You will be evaluated based on participation in the learning activity and discussion.

- **Group Presentation (1)**
  - You will be assigned to multidisciplinary groups. Each group will present on an assigned disease in the format used throughout the class. Specific instructions for the project can be found on canvas.
  - After your group has presented, you will be required to complete a self-evaluation form and peer-evaluation form for each member of your group. These evaluations are important to your grade on this project and will be used to adjust your individual score from the group score determined by Dr. Coletta. If you are absent from your group’s presentation, you will automatically lose an additional 5 points.

- **Take-home exams (2)**
  - You will be required to complete one mid-term exam and one final exam.
  - You will receive a research question or problem and have one week to formulate and write up an answer to the question or problem in paper format.
  - Citations of the literature are required to support your response.
  - Help from classmates, family, friends, faculty, staff, and anyone else other than yourself is not permitted.
  - Exams will be submitted on canvas. Specific instructions for each exam will be provided on canvas when the exam is assigned.
  - After graded exams are returned, students will have two business days to discuss any grading issues with Dr. Coletta.

**Grading Criteria:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Points Each</th>
<th>Total Points</th>
<th>Percentage of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-term Exam</td>
<td>100</td>
<td>100</td>
<td>15</td>
</tr>
<tr>
<td>Final Exam</td>
<td>100</td>
<td>100</td>
<td>15</td>
</tr>
<tr>
<td>Group Project</td>
<td>100</td>
<td>100</td>
<td>40</td>
</tr>
<tr>
<td>Class Participation</td>
<td>6.67</td>
<td>100</td>
<td>30</td>
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**Grading Distribution:**

<table>
<thead>
<tr>
<th>Course Percentage</th>
<th>Grade</th>
<th>Course Percentage</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>93% and above</td>
<td>A</td>
<td>73-76.9%</td>
<td>C</td>
</tr>
<tr>
<td>90-92.9%</td>
<td>A-</td>
<td>70-72.9%</td>
<td>C-</td>
</tr>
<tr>
<td>87-89.9%</td>
<td>B+</td>
<td>67-69.9%</td>
<td>D+</td>
</tr>
<tr>
<td>84-86.9%</td>
<td>B</td>
<td>63-66.9%</td>
<td>D</td>
</tr>
<tr>
<td>80-83.9%</td>
<td>B-</td>
<td>60-66.9%</td>
<td>D-</td>
</tr>
<tr>
<td>77-79.9%</td>
<td>C+</td>
<td>59.9% or lower</td>
<td>F</td>
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</tbody>
</table>
Policy on Assignments and Exams:

- Late assignments and exams will not be accepted.
- Make-ups for missed assignments and exams will only be allowed under the following conditions:
  - **Athletic or other University-Sponsored Absences**
    - You must provide travel dates and times via a signed memo from the University-sponsored group **no more than one week prior to** the dates of travel.
  - **Military, State, or Federal Service**
    - You must provide military orders or other documentation of government service prior to absentee dates.
  - **Illness:**
    - You must be notified of the illness prior to the scheduled assessment or as soon as possible thereafter. You must provide a valid medical excuse signed and dated by a health care provider.
  - **Other Extenuating Circumstances:**
    - In all other circumstances, it will be the prerogative of Dr. Coletta whether or not you will be allowed to make-up an assessment. In any case, authentic documentation will be required.
    - Vacations are not extenuating circumstances.
    - Technology failures are not extenuating circumstances.
      - If you are traveling and you know that you have an assignment due on canvas or via email, it is your responsibility to ensure you have internet connection to submit the assignment correctly and on time.
  - If you have been approved by Dr. Coletta to make up an assignment or exam, the make-up may only occur no more than two weeks after the originally scheduled date.

Other information:

1. **University Safety Statement.** The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at **801-585-COPS (801-585-2677)**. You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit [https://safeu.utah.edu](https://safeu.utah.edu).

2. **The Americans with Disabilities Act.** The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability & Access (CDA; [http://disability.utah.edu/](http://disability.utah.edu/); 162 Olpin Union Building; 801-581-5020). CDA will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the CDA.
3. **Addressing Sexual Misconduct.** Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

4. **The Code of Student Rights and Responsibilities.** The code, which specifies student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc., is provided at [http://regulations.utah.edu/academics/6-400.php](http://regulations.utah.edu/academics/6-400.php).

5. **Wellness Statement.** Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student’s ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness, [http://wellness.utah.edu/](http://wellness.utah.edu/); 801-581-7776.

6. **Drop/Withdrawal.** The last day to drop (delete) classes is Friday, August 30th, 2019; the last day to withdraw from this class is Friday, October 18th, 2019. Please check the academic calendar for more information pertaining to dropping and withdrawing from a course. Withdrawing from a course and other matters of registration are the student’s responsibility.

7. **Veterans Center.** If you are a student veteran, I want you to know that the U of Utah has a Veterans Support Center on campus. They are located in Room 418 in the Olpin Union Building. Hours: M-F 8-5pm. Please visit their website for more information about what support they offer, a list of ongoing events and links to outside resources: [http://veteranscenter.utah.edu/](http://veteranscenter.utah.edu/). Please also let me know if you need any additional support in this class for any reason.

8. **LGBT Resource Center.** If you are a member of the LGBTQ community, I want you to know that my classroom is a safe environment. Additionally, please know that the U of Utah has an LGBT Resource Center on campus. They are located in Room 409 in the Olpin Union Building; their hours are M-F 8-5 pm. You can visit their website to find more information about the support they can offer, a list of events through the center and links to additional resources: [http://lgbt.utah.edu/](http://lgbt.utah.edu/). Please also let me know if there is any additional support you need in this class.

9. **Learners of English as an Additional/Second Language.** If you are an English language learner, please be aware of several resources on campus that will support you with your language development and writing. These resources include: the Writing Center ([http://writingcenter.utah.edu/](http://writingcenter.utah.edu/)); the Writing Program ([http://writing-program.utah.edu/](http://writing-program.utah.edu/)); the English Language Institute ([http://continue.utah.edu/eli/](http://continue.utah.edu/eli/)). Please let me know if there is additional support you need to discuss for this class.
Course Schedule:
*Note:* Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Assigned Readings &amp; Course Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8.20.19</td>
<td>Introductions, Course Policies, Community Building, Group Assignments &amp; Topic Selection</td>
<td>Reading(s): Syllabus</td>
</tr>
</tbody>
</table>
| 2    | 8.27.19| Type 1 Diabetes              | Reading(s):  
Group Project Time- ≥30min* |
| 3    | 9.3.19 | Type 2 Diabetes              | Reading(s):  
Group Project Time- ≥30min* |
| 4    | 9.10.19| Obesity                      | Reading(s):  
doi:10.1056/NEJMra1514009  
2. Swift DL, Johannsen NM, Lavie CJ, Earnest CP, Church TS. The role of exercise and |
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Reading(s):</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>9.17.19</td>
<td>Guest Lecture: Dr. Tanya Halliday</td>
<td>Reading(s): TBD by Dr. Halliday</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Appetite &amp; Weight Management</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>10.1.19</td>
<td>Cancer</td>
<td>MID-TERM DUE at COB**</td>
</tr>
<tr>
<td>8</td>
<td>10.8.19</td>
<td>Fall Break</td>
<td>----</td>
</tr>
<tr>
<td>11</td>
<td>10.29.19</td>
<td>End-Stage Renal Disease</td>
<td>Reading(s): 1. de Lima MC et al. Effect of exercise performed during hemodialysis: strength</td>
</tr>
<tr>
<td>Week</td>
<td>Date</td>
<td>Event</td>
<td>Reading(s)</td>
</tr>
<tr>
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<tr>
<td>12</td>
<td>11.5.19</td>
<td>Guest Lecture: Dr. Janet Shaw Pelvic Floor Health</td>
<td>Reading(s): TBD by Dr. Shaw</td>
</tr>
<tr>
<td>13</td>
<td>11.12.19</td>
<td>Group Project Presentation</td>
<td>Reading(s): TBD by Group</td>
</tr>
<tr>
<td>14</td>
<td>11.19.19</td>
<td>Group Project Presentation</td>
<td>Reading(s): TBD by Group</td>
</tr>
<tr>
<td>15</td>
<td>11.26.19</td>
<td>Group Project Presentation</td>
<td>Reading(s): TBD by Group</td>
</tr>
<tr>
<td>16</td>
<td>12.3.19</td>
<td>Group Project Presentation</td>
<td>Reading(s): TBD by Group</td>
</tr>
<tr>
<td>17</td>
<td>12.10.19</td>
<td>FINAL</td>
<td>Final Exam Assigned</td>
</tr>
</tbody>
</table>

*While there will be some class time carved out to enable you to work on your group projects, this will not be enough time to complete your projects. You will need to schedule time outside of class to work on and complete this assignment.

**COB = Close of Business, 5:00pm MST.