

**Oakland University**  
**Eating Disorders HS 3220**  
**Winter 2018**  
**Mrs. Barbara Main, RD**

**Course Description**

This course is designed as an introduction to eating disorders, correlated issues and treatment interventions. At completion of this course, students will demonstrate knowledge and understanding of the development and maintenance of eating disorders. Students will gain insight into the physiological and psychological consequences of eating disorders and disordered eating behaviors. A variety of prevention and intervention strategies will be explored.

Prerequisite: NH 3010 (or equivalent)

**Learning Outcomes (Course Objectives)**

Upon completion of this course, students will be able to:

1. Compare and contrast common signs and symptoms of anorexia nervosa, bulimia nervosa and binge eating disorder.
2. Demonstrate knowledge and understanding about the different types of eating disorders and disordered eating behaviors.
3. Demonstrate understanding of medical and psychological consequences of eating disorders.
4. Recognize society's impact on body image and unrealistic thinness and strategies to combat.
5. Demonstrate knowledge of prevention and treatment interventions for eating disorders.
6. Recognize potential for discrimination and stereotyping based on body shape and/or size.
7. Describe patterns of behavior that could put a person at risk for the development of an eating disorder.

**Texts:** *None required.*

**Contacting me / Office hours**

Please contact me using the COURSE EMAIL function in Moodle. You can access course email by logging into Moodle and then clicking on COURSE EMAIL, located on the top of the course home page. If Moodle is not available and you need some other way to contact me, you can use my personal email at [main@oakland.edu](mailto:main@oakland.edu). Office hours are by appointment only (I am on campus on Tuesdays evenings only).

**Using Moodle**

Moodle is Oakland University's learning management system. You will use Moodle to participate in online activities and to progress through the course. You can access Moodle at <http://moodle.oakland.edu> – login there with your university supplied NETID username and password.

## **Meeting Dates and Times**

This course is being taught 100% online.

## **Late Work**

All assignments are due by Saturday midnight EST. Late assignments will not be accepted without *prior* approval of the instructor.

## **Asynchronous Online Learning Activities**

In an online course, you are expected to participate in asynchronous activities, such as online discussions, web assignments, or quizzes. These are activities which don't require the entire class to "meet" in the traditional sense – instead, you are expected to participate anytime within a specific window of time. For instance, students are expected to contribute to an online discussion 3-4 times each week.

## **Technical Skills Required**

You are expected to have a moderate level of computer proficiency. You should already be comfortable doing all of the following:

- Using your chosen computer operating system and a web browser
- Following online directions for using a new program
- Typing at least 20 words a minute
- Troubleshooting basic computer problems
- Working through problems you can't resolve on your own with remote support technicians

## **Required Technology**

In order to fully participate in this course you will need:

- An internet connected computer with the most updated versions of your favorite web browser installed. *Use of smartphones and tablets is not recommended.*
- In the event that your computer crashes or internet goes down, it is essential to have a backup plan to be able to log in from another computer or another location as needed.

## **Technical Assistance**

If you have general questions about the course (such as due dates, content, etc), or have any trouble accessing any of the content in this course, please contact the course instructor.

For Moodle technical issues that you cannot resolve on your own, please contact the eLearning and Instructional Support office:

- Phone: (248) 805-1625 or
- Submit a help ticket: <http://www2.oakland.edu/elis/help.cfm?lms=2>

## **Student and Teacher Expectations**

Students are expected to:

- Ensure that their computer is compatible with Moodle.
- Login to Moodle and comment on posts 3-5 times a week; daily login is highly recommended.
- Follow the calendar of events and complete all assignments by their deadline
- Respond to emails within 2 days
- Participate in a thoughtful manner
- Respect rules of netiquette
  - Respect your peers and their privacy
  - Use constructive criticism
  - Refrain from engaging in inflammatory comments.

The instructor can be expected to:

- Login to the course a minimum of 6 days per week
- Moderate conversations in forums
- Respond to forum postings and email within 2 days
- Grade assignments within 7 days of the assignment deadline

## Grading

I have created a grading policy which basically rewards two things: **the quality and timeliness** of your responses and assignments.

In terms of quality my expectations are simple. Responses should be well written (please spell & grammar check!) and clearly address the issues being discussed.

Regular and active participation is an essential, unmistakably important aspect of this online course. It is critical that you read all of the lecture and assignment materials as well as all of the public discussion materials. Your full participation ON A WEEKLY BASIS is not only a requirement; it is an essential aspect of the online course process. Students should be logging in and posting/commenting on the forum on at least 3 different occasions during the week.

*Additional activities may be added at the discretion of the instructor based upon class participation and response. Adequate notice and communication will be provided.*

### Course Grading

Mid Term Exam	100 points
Assignments	210 points
Final Exam-Cumulative	100 points

This course is **not** graded on a curve.

Oakland University's published grading policy will be used, which can be found on the Oakland University web site by searching for "grading policy". Grade codes / conversions are as follows:

**Grading Scale:**

A 100%	4.0	B 89%	3.5	C 79%	2.9	D 69%	1.9
99%	4.0	88%	3.5	78%	2.8	68%	1.8
98%	4.0	87%	3.4	77%	2.7	67%	1.7
97%	3.9	86%	3.4	76%	2.6	66%	1.6
96%	3.9	85%	3.3	75%	*2.5	65%	1.5
95%	3.8	84%	3.3	74%	2.4	64%	1.4
94%	3.8	83%	3.2	73%	2.3	63%	1.3
93%	3.7	82%	3.2	72%	2.2	62%	1.2
92%	3.7	81%	3.1	71%	2.1	61%	1.1
91%	3.6	80%	3.0	70%	2.0	60%	1.0
90%	3.6					F <59%	0.0

**Academic Conduct Policy**

*Cheating on examinations, plagiarism, falsifying reports/records, and unauthorized collaboration are considered serious breaches of academic conduct. The Oakland University policy on academic conduct will be strictly followed with no exceptions. For more information visit the Oakland University home page and search for Academic Conduct Policy.*

**Special Considerations**

Students with disabilities who may require special considerations should contact OU's Disability Support Services office. They should also contact the instructor as soon as possible so any required arrangements can be made.

**Course Schedule - *Subject to change***

**Jan 3-7 - Getting to know you!**

Introduce yourself and comment on 2 other posts (see instructions on Moodle).

**Note:** A substantive response in a forum may be any combination of the following things:

- A question that provokes a thoughtful response.
- A confirmation and further elaboration on a peer's original post.

Comments such as "I agree" or "nice post" do little to further discussion and are not considered a substantive response.

**Week 1 – Jan 7-13**

**Lecture Topic:** Introduction and History

**Activities:** Due Jan 13 by midnight EST

Myths regarding Eating Disorders

**Week 2 – Jan 14-20**

**Lecture Topics:** Diagnosis

**Activities:** Due Jan 20 by midnight EST

Case studies

**Week 3 – Jan 21-27**

**Lecture Topic:** Evaluation

**Activities:** Due Jan 27 by midnight EST

Video and reaction.

**Week 4 – Jan 28-Feb 3**

**Lecture Topic:** Predisposing Factors

**Activities:** Due Feb 3 by midnight EST

Fat Talk

**Week 5 – Feb 4-10**

**Lecture Topics:** Medical Complications

**Activities:** Due Feb 10 by midnight EST

Starvation Study results.

**Week 6 – Feb 11-17**

**Lecture Topics:** Mid Term Exam

**Activities:** Due Feb 17 by midnight EST

Mid Term Exam

**Break Week Feb 18 – Feb 24**

**Week 7 – Feb 25 –March 3**

**Lecture Topics:** Specialty Populations part 1

**Activities:** Due March 3 by midnight EST

None

**Week 8 – March 4-10**

**Lecture Topics:** Specialty Populations part 2

**Activities:** Due Mar 10 by midnight EST

Forum: Food for thought: Which 'population' that we have covered over the past 2 weeks surprised you the most and why?

**Week 9 – March 11-17**

**Lecture Topics:** Treatment

**Activities: Due March 17 by midnight EST**

**Week 10 – March 18 – 24 Lecture Topics:** Recovery

**Activities: Due March 24 by midnight EST**

Review the 10 "*Will-Powers*" for *Improving Body Image*.

**Week 11 – March 25 – March 11**

**Lecture Topics:** Awareness

**Activities: Due March 31 by midnight EST**

Movie/Television Review

**Week 12 – April 1 - 7**

**Lecture Topics:** Prevention

**Activities: Due April 7 by midnight EST**

Movie about Eating Disorders from posted list.

**Week 13 – April 8-14**

**Lecture Topics:** Obesity as an Eating Disorder (and discrimination)

**Activities: Due April 14 by midnight EST**

The Human Cost of Obesity

**Week 14 – April 15-21**

**Lecture Topics:** Cumulative Final Exam

**Activities: Due April 21 by midnight EST**

Final Exam!