



Brescia University College
LONDON CANADA

Psych 2054B, Section 530

Psychology of Eating

Dr. Kelly A. Foley

2017-18

COURSE DESCRIPTION

This course examines the neurobehavioural, developmental, cognitive and social determinants of eating behaviour. Topics may include the biology of hunger and satiety, food preference and choice, social and cultural meanings of food, media influences, body image, emotions and eating, obesity and dieting, and disordered eating.

3 lecture hours, 0.5 course

Prerequisites: None

Antirequisites: None

COURSE INFORMATION

Instructor: Dr. Kelly A. Foley

Office: Ursuline Hall (UH) 214

E-mail: kfoley6@uwo.ca

Office Hours: Tuesday 5:15 – 6:15 pm

Time, Location of Classes: Tuesday: 6:30 – 9:30 pm, BR 136

Course Website: on Western Owl

LEARNING OUTCOMES

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

- a) **Interpret the meaning of food as it varies across individuals, cultures & time**
(Communication; Critical thinking; Inquiry & analysis; Social awareness & engagement; Valuing)
- b) **Describe the biology of appetite and how it controls hunger and satiety**
(Communication; Critical thinking; Inquiry & analysis)
- c) **Evaluate developmental, cultural, social and individual determinants of one's own and other's eating behaviour** (Communication; Critical thinking, Inquiry & analysis, Self-awareness & development; Social awareness & engagement)

- d) **Analyze current social and cultural influences on eating behaviour** (Communication; Critical thinking; Inquiry & analysis; Social awareness & engagement; Valuing)
- e) **Recognize unhealthy patterns of eating** (Communication; Critical thinking; Inquiry & analysis)
- f) **Work cooperatively and effectively in groups** (Communication; Problem solving; Self-awareness & development)
- g) **Actively participate and contribute to critical group discussions** (Communication; Self-awareness & development)

The overall objective of the course is to conceptualize a new, critical perspective of the science of eating behaviour that challenges one's assumptions about eating and what determines it.

TEXTBOOK AND COURSE MATERIALS

Required: Custom Course Pack for Psych 2054A from Western Bookstore

CLASS SCHEDULE (tentative)

| Date | Topic | Reading |
|-------------|---|---|
| Jan. 9 | Introduction Healthy eating | Course outline Topic #1 |
| Jan. 16 | The meaning of food | Topic #2 |
| Jan. 23 | Appetite regulation I | Topic #3 |
| Jan. 30 | Appetite regulation II | Topic #3 |
| Feb. 6 | Cognitive development & basic learning processes Eating Analysis Assignment | Topic #4 DUE: Eating Analysis Assignment Parts 1 and 2 (Food Record and Personal Reflection) |
| Feb. 13 | Midterm – In class | TOPICS #1-4 |
| Feb. 20 | <i>Fall Reading Week – No Class</i> | |
| Feb. 27 | Eating Analysis Assignment Part 3: In-Class Discussion | |
| March 6 | Cultural influences on eating behaviour | Topic #5 |

| | | |
|--------------------------------|---|---------------------|
| March 13 | Media influences & body image Journal Article Assignment Assigned | Topic #6 |
| March 20 | Individual influences on eating | Topic #7 |
| March 27 | Social influences on eating behaviour | Topic #8 |
| April 3 | Obesity DUE: Journal Article Assignment | Topic #9 |
| April 10 | Disordered eating | Topic #10 |
| April Exam Period (TBA) | FINAL EXAM | TOPICS #5-10 |

Topics will be covered in the order given above. *Approximate* lecture dates are listed so that you can keep up with the readings. It is best to read the assigned reading briefly before class, and then return to the text and reread the material more carefully after we have discussed it. In class, I will discuss those parts of the chapter that I feel are the most important, most difficult, or the most interesting and may update and expand upon the topic. You are responsible for the entire reading, including sections that we do not cover specifically in class, unless otherwise stated during lecture.

CLASSROOM ETIQUETTE

Welcome to Psychology of Eating! **In order to make the most of this learning experience for yourself and your fellow students, PLEASE**

- Do not use computers in class *for any reason*, except to take notes.
- Do not send or read e-mails/text messages/IM's during class time.
- Turn off cell phones.
- Refrain from speaking to a neighbour during class time (unless invited to do so by the instructor), especially if someone (either the instructor or a fellow class member) is speaking to the class.

These activities can be very distracting to your fellow students and to the instructor, and in that event, **you will be asked to refrain from these activities and/or to leave the classroom.** I look forward to teaching you in Psych 2054 and wish you all the best for a great term!

EVALUATION & EXAM SCHEDULE

| <u>Course Component</u> | <u>Date</u> | <u>Material Tested</u> | <u>Weight</u> |
|---|-----------------------------|------------------------|---------------|
| Eating Analysis (multiple parts) <ul style="list-style-type: none"> • Food record • Reflection • In class discussion | Feb. 6 Feb. 6 Feb. 27 | -- | 10% |
| Midterm | February 13 | Topics #1-4 | 35% |

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|-----------------------------------|--------------------------------|--------------|-----|
| Journal article assignment | April 3 | -- | 15% |
| Final Exam | During April exam period - TBA | Topics #5-10 | 40% |

The midterm & **non-cumulative** final exam will be primarily multiple choice, but will have a mixture of fill in the blanks, label the diagram and/or short answer written questions.

Midterm Exam:

Scheduled for Tuesday Feb. 13, in class. Questions will be based on reading and lecture material from topics covered from Jan. 9 to Feb. 6, inclusive. The midterm is worth 35% of your course mark.

Final Exam:

Scheduled during the April exam period, April 14-30, (exact date TBA). Questions will be based on reading and lecture material from topics covered from March 6 – April 10, inclusive. The final exam is worth 40% of your course mark.

Tests are closed book and no aids or electronic devices are allowed. There will be no re-grading of written questions answered in pencil.

Eating Analysis: In the first weeks of this course, we will be discussing healthy eating, food choice, and the meaning of food. To contribute to your understanding of these topics, you will conduct an analysis of the food you eat for 2 consecutive days (1 of these days must be a weekday and the other a weekend day). You will be required to record what you eat, evaluate the healthiness of your diet and conduct a brief appraisal of some potential influences on your eating behaviour and food choice. The food diary will consist of 2 major components, plus an in-class discussion:

- 1) a typed chart following the format described in the assignment pages posted on OWL **(due Feb. 6)**
- 2) a brief reflection (1 page max, typed, single spaced; 12 point font min) on your eating **(due Feb. 6)**

As part of this assignment, we will also spend time discussing this analysis during class on Feb 27. This discussion is a required component of the assignment so **attendance on Feb. 27 is mandatory.**

The entire eating analysis assignment (including the chart, reflection & discussion) contributes 10% of your final grade.

Journal Article Assignment: In the latter portion of the course, students will be required to work in groups of 4 to complete an assignment based on journal publications of current research. This assignment is designed to explore & analyze current topics in a select area of eating behaviour. More details about this assignment will be provided when the assignment is distributed March 13. **Groups will have in-class time to complete the assignment on March 20 and on March 27. As groups will be formed and the assignment distributed at the beginning of class, attendance on March 13 for this portion of class is mandatory.**

The journal article assignment is due **April 3** and will contribute 15% of your final grade.

Late assignments: All assignments/components must be submitted during class (or per instruction) on the day they are due. Materials submitted later than 5 minutes after the start of class will be considered late. All late materials will be subject to a **20% per day** late penalty.

All work submitted after a class meeting has ended should be taken to the late assignment (hard copy) drop-off box located outside the Dean's Office. This box will be cleared daily at 4 pm; anything submitted after 4 pm is considered the next day's date. Please note that use of the drop-off box should be considered a "last resort", not the primary way to submit assignments. Students should not submit late assignments to the Brescia welcome desk staff or staff at the Hive – it is not their responsibility.

ACADEMIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf

Also, multiple choice tests and exams are subject to software that performs similarity reviews to check for unusual coincidences in answer patterns that may indicate cheating. **Thus, it is in your interest to avoid sitting near anyone you studied course material with when writing an exam.**

Please note that grades **cannot** be adjusted on the basis of need. Your mark in the course will be the mark that you earn. Tests and exams cannot be re-written nor assignments resubmitted to obtain a higher mark. There are no supplemental or bonus assignments.

For questions regarding missed tests or exams, see the academic policies section, attached, or consult the professor or an Academic Advisor.

For academic accommodation to be considered for any course component worth less than 10% of the final course grade, it is the responsibility of the student to approach the course instructor(s) in a timely fashion. Students may be required to submit documentation to their academic advisor. If documentation is required, the request for accommodation will be

mediated by the academic advisor in consultation with the instructor. If documentation is not required, the instructor will make the final decision. The policies governing requests for academic accommodation for course components worth 10% or more of the course grade are outlined in the Academic Policies section included at the end of the course outline.

2017-18 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Documentation shall be submitted as soon as possible to the student's Academic Advisor indicating the period of illness and when the student should be able to resume academic responsibilities. Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded from: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf. The student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full policy on requesting accommodation due to illness can be viewed at: <http://westerncalendar.uwo.ca/2017/pg117.html>

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, <http://brescia.uwo.ca/academics/registrar-services/> or the list of official dates <http://westerncalendar.uwo.ca/2017/pg7.html>). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory (<http://westerncalendar.uwo.ca/2017/pg130.html>)

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf.

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Student Academic Appeals under Academic Rights and Responsibilities in the Western Academic Calendar (<http://westerncalendar.uwo.ca/2017/pg112.html>).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices (http://www.uwo.ca/univsec/pdf/academic_policies/exam/evaluation_undergrad.pdf and http://www.uwo.ca/univsec/pdf/academic_policies/exam/finalgrades.pdf).

6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

7. SUPPORT

Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/>. The website for the Student Development Centre at Western is <http://www.sdc.uwo.ca/>.

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/>. Students who are in emotional/mental distress should refer to Mental_Health@Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.