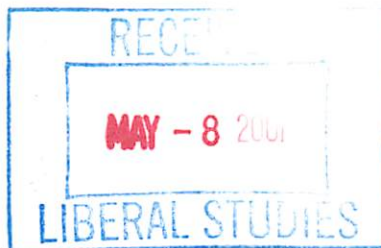


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UWUCC USE Only
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Submission Date: _____
Action-Date: _____

CURRICULUM PROPOSAL COVER SHEET *Withdrawn 10/8/03*
University-Wide Undergraduate Curriculum Committee

I. CONTACT

Contact Person Susan Dahlheimer Phone 7-4440
Department Food & Nutrition

II. PROPOSAL TYPE (Check All Appropriate Lines)

COURSE Bd Img, Wt Mgt, Disord Etc
Suggested 20 character title

New Course* FDNT 475 Body Image, Weight Management & Disordered Eating
Course Number and Full Title

Course Revision _____
Course Number and Full Title

Liberal Studies Approval + _____
for new or existing course Course Number and Full Title

Course Deletion _____
Course Number and Full Title

Number and/or Title Change _____
Old Number and/or Full Old Title

New Number and/or Full New Title

Course or Catalog Description Change _____
Course Number and Full Title

PROGRAM: Major Minor Track

New Program* _____
Program Name

Program Revision* _____
Program Name

Program Deletion* _____
Program Name

Title Change _____
Old Program Name

New Program Name

III. Approvals (signatures and date)

Joanne B. Steiner 11/28/00 Joanne B. Steiner
Department Curriculum Committee Department Chair

Mar P. Smith 4/19/01 Carol P. Jovi
College Curriculum Committee College Dean

+ Director of Liberal Studies (where applicable)

*Provost (where applicable)

1. **Catalog Description**

FN475 Body Image, Weight Management, and
Disordered Eating

3 credits
3 lecture hours
0 lab hours
(3c-01-3sh)

Prerequisites: none

This course will examine the influence of societal norms, health statistics, and dieting techniques on body image and the evolution of disordered eating. Benefits and risks of obesity, weight loss, and disordered eating will be explored. Students will develop course projects relevant to their own major.

PROPOSED SYLLABUS OF RECORD

I. Catalog Description

**FN475/LS499 Body Image, Weight Management, and
Disordered Eating**

**3 credits
3 lecture hours
0 lab hours
(3c-0l-3sh)**

Prerequisites: none

This course will examine the influence of societal norms, health statistics, and dieting techniques on body image and the evolution of disordered eating. Benefits and risks of obesity, weight loss, and disordered eating will be explored. Students will develop course projects relevant to their own major.

II. Course Objectives:

Upon completion of the course, students will:

1. Define and identify key diagnostic criteria of obesity, anorexia nervosa, bulimia, binge eating, and disordered eating.
2. Explain the interactive contributions of societal norms and weight control strategies in fostering disordered eating.
3. Explain at least three health risks associated with obesity, bulimia, and anorexia nervosa.
4. Examine nutritional, psychological, and societal benefits/risks associated with disordered eating, and explore the associated ethical dilemmas.
5. Critically evaluate safety and healthfulness of popular weight loss programs.
6. Describe strategies for the prevention of eating disorders.
7. Examine diverse opinions about eating disorders, body image, and weight control in popular and professional literature and formulate an opinion, supporting it with scientific evidence.

8. Use appropriate multi-disciplinary professional materials to develop a project (presentation, educational tool, evaluation tool, etc.) appropriate for the student's chosen field of study.

III. **Course Outline**

A. Introduction (2 hours)

1. Description of course content
2. Support for opposing points of view
3. Using literature to formulate and support an opinion
4. Concept of synthetic thinking

B. Body image (12 hours)

1. Societal attitudes toward body size and shape
 - a. Representations in film and video
 - b. Representations in current and classic fiction
2. Cultural norms for body image
 - a. Evolution of body norms
 - b. Current influences
 - c. Racial influences
3. Influence of gender and sexual orientation
 - a. Characteristics of male vs. female image
 - b. Homosexuality and eating disorders
4. Influence of chosen career/profession
5. Size acceptance
 - a. Size discrimination
 - b. Organizations promoting size acceptance

C. Weight control (12 hours)

1. Assessment of weight status
 - a. Weight for height
 - b. Body mass index
 - c. Body composition assessment
2. Health risks of obesity/weight loss
 - a. Interpretation of risk statistics

- b. Obesity-related risks
 - 1. Cardiovascular diseases
 - 2. Diabetes
 - 3. Cancers
 - 4. Other disorders
 - c. Weight reduction risks
 - 1. Rapid weight loss
 - 2. Regain
 - 3. Methods of weight loss - mechanisms and risks of:
 - 1. Protein sparing fasts
 - 2. Carbohydrate restriction
 - 3. Fat gram counting
 - 4. Exchange system diets
 - 5. Current fads
- D. Eating disorders vs. disordered eating (12 hours)
 - 1. Eating patterns
 - a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. Disordered eating
 - e. Normalized eating
 - 2. Theories of cause
 - a. Personality
 - b. Family structure
 - c. Biochemical
 - d. Genetic
 - 3. Diagnosis and assessment
 - a. Screening tools
 - b. Diagnostic instruments
 - 4. Treatment
 - a. Psychotherapy
 - b. Nutrition intervention

- 5. Prevention
 - a. Self esteem building
 - b. Role of media
 - c. Family education
 - d. Role of schools

E. Student projects (6 hours)

IV. Evaluation Methods

The final grade for the course will be determined as follows:

Small group presentations. Each student will participate in several small groups which will be assigned to present a discussion of readings from the current professional literature and/or to conduct small, informal surveys relevant to the course topics 25%

Discussion of popular weight loss program. Each student will critique, using nutrition guidelines, a current popular weight loss program. 25%

Book reviews. Each student will write and present to the class a review of how body issues and eating behaviors are depicted in one fiction and one non-fiction book. 25%

Final project. Each student will complete a project relating to the course topic relative to his/her own major, and must deal with some aspect of disordered behavior - compulsive eating, bingeing, anorexia, bulimia, exercise disorder. Projects will be presented to the class (as a slide presentation, videotape, poster presentation, etc.) and must be approved by the instructor. 25%

Grading Scale

90-100	A
80-89	B
70-79	C
60-69	D
0-59	F

V. Required textbooks, supplemental books and readings

American Heart Association guidelines. How to evaluate weight loss programs. *Healthy Weight J.* 11:108, 1997.

Lachance, P.A. Scientific status summary: Human obesity. *Food Tech.* 48:127, 1994.

National Academy of Sciences. Summary: Weighing the options - Criteria for evaluating weight-management programs. *J Amer Dietetic Assn* 95:96, 1995.

Troiano, RP., et al. The relationship between body weight and mortality: a quantitative analysis of combined information from existing studies. *Internatl J Obesity.* 20:63, 1996.

Weight Control. Health professional/researcher. ISSN: 1053-8879 96-H1.
<http://www.nal.usda.gov/fnic/pubs/bibs/topics/weight/prof.html>

Weight Control and Obesity . consumer ISSN: 1053-8887 96-C1
<http://www.nal.usda.gov/fnic/pubs/bibs/topics/weight/consumer.html>

VI. Special resources

Videotapes

Eating: A Very Serious Comedy about Women and Food, 1990.

CBS Television. *48 Hours: Mirror, Mirror*, 1999.

CBS Television. *48 Hours: Winning the Weight War*, 1994.

CBS Television. *48 Hours: Weighing the Risks*, 2000.

301/302, 1995.

PBS Television. *Frontline: Fat*, 1998.

ABC Television. *Connie Chung: Life in the Fat Lane*, 1987.

Direct Cinema Ltd. *The Famine Within*, 1990.

VII. **Bibliography - current**

Berg, F. (1997) Afraid to Eat: Children and Teens in Weight Crisis. Healthy Weight Journal.

Berg, F. (1999). Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World. Healthy Weight Journal.

Brownell, K.D. & C. Fairburn (eds). (1995) Eating Disorders and Obesity: A Comprehensive Handbook. Guilford Press.

Brumberg, J.J. (1997) The Body Project: An Intimate History of American Girls. Vintage Books.

Dixon, M. (1994) Love the Body You Were Born With. Berkley Pub. Group.

Garner, D.M. & P.E. Garfinkel (eds) (1997) Handbook of Treatment for Eating Disorders. Guilford Press.

Gaesser, G.A. (1996) Big Fat Lies: The Truth about Your Weight & Your Health. New York: Fawcett Columbine.

Goodman, W.C. (1995) The Invisible Woman: Confronting Weight Prejudice in America. Gurze Books.

Hirschmann, J.R. (1996) When Women Stop Hating Their Bodies. New York: Fawcett Books.

Kratina, K., N. King & D. Hayes. (1996) Moving Away From Diets. Texas: Helm Publishing.

Piper, M. (1994) Reviving Ophelia: Saving the Selves of Adolescent Girls. Bantom Books.

Tribole, E. & E. Resch. (1995) Intuitive Eating: A Recovery Book for the Chronic Dieter. St. Martins Press.

Waterhouse, D. (1997) Like Mother, Like Daughter. Hyperion Press.

Historical

Bruch, H. (1978) The Golden Cage: The Enigma of Anorexia Nervosa. Random House.

Hirschmann, J.R. (1988) Overcoming Overeating. New York: Fawcett Books.

Maine, M. (1991) Father Hunger: Fathers, Daughters, & Food. Gurze Books.

Reiff, D. & K.K.L. Reiff. (1992) Eating Disorders: Nutrition Therapy in the Recovery Process. Mercer Island, WA: Life Enterprises.

Roth, G. (1993) When Food is Love: Exploring the Relationship Between Eating and Intimacy. Plume.

Fiction

Barr, L. (1997) Emily's Secret: No One Can Find Out. Pages Publishing Group.*

Bennett, C. (1999) Life in the Fat Lane. Bantam Books.

Brinkerhoff, S. (1998) Balancing Act. Bethany House.*

Caldwell, T. (1976) Answer as a Man. Amereon Ltd.

Chepaitis, B. (2000) Feeding Christine. Bantam Doubleday Dell.

Cruise, B. (1995) Picture Perfect, Saved by the Bell. Aladdin Publishing.*

Frank, L. (1996) I Am an Artichoke. Dell Publishing.*

Grant, S. (1996) Passion of Alice. Bantam Books.

Hall, L.F. (1997) Perk!: The Story of a Teenager with Bulimia. Gurze Books.

Hanauer, C. (1997) My Sister's Bones: A Novel. Dell Books.

Levenkron, S. (1981) The Best Little Girl in the World. Warner Books.

Martin, A.M. (1998) Maggie Diary Two. Scholastic Paperbacks.*

McBain, (ed). (1987) Another Part of the City. Warner Books.

McCorkel, J. (1992) The Cheer Leader. Algonquin Books.*

McInerney, J. (2000) Model Behavior: A Novel & 7 Stories. Alfred A. Knopf Publishers.

Miller, L.R. (2000) Starving Hearts. Excentrix Press.

Ogilvie, E. (1976) An Answer in the Tide. Amereon Ltd.

Rees, E.M. (1998) Body Lines. Aladdin Paper Backs.*

Rosen, J. (1998) Eve's Apple. Penguin Press.

Shute, J. (1997) Life-Size. Morrow/Avon.

Course Analysis Questionnaire

Section A: Details of the Course

- A1 This course is an elective for undergraduate department majors and LBST 499.
- A2 This course does not require changes in the content of existing courses.
- A3 This course was offered as FN 481/581 Summer 1997, Spring 1999, and Summer 1999. Course evaluations were consistently high.
- A4 This course is not dual-level.
- A5 This course is not offered for variable credit.
- A6 While course content may be included in a variety of courses, no course has been identified that closely parallels the content of the course.
- A7 This course is not required by any group.

Section B: Interdisciplinary Implications

- B1 This course will be taught by one instructor.
- B2 While some introductory information about one or more topics in this course is included in courses from various departments, there are no conflicts, due to the depth of presentation in this course.
- B3 One seat in each section of this course will be reserved for a student in the School of Continuing Education.

Section C: Implementation

- C1 Faculty resources are adequate. The department offers one elective course each year on a rotating basis. This course will become part of that rotation. We have offered this course as a special topics three times; it is a popular summer offering.
- C2 Resources for this course are adequate. The department has ordered a variety of relevant library materials from its annual allotment.
- C3 No resources are funded by a grant.
- C4 This course will be offered once per year.

C5 One section will be offered.

C6 Class size will be limited to 25 to provide ample opportunity discussion and presentation.

C7 No professional society recommends parameters for this course.

Section D: Miscellaneous

No additional information is necessary