MDU 4850   Disease of Eating   Summer 2016
E-learning Canvas Online Course   3 Credit Hours

Course Professor:
Dr. Joseph McNamara, Ph.D., Clinical Supervisor, Eating Disorders Program at Springhill
Health Center

Course coordinator(s):
Danielle Cooke, B.S., Graduate Student, Clinical and Health Psychology & Psychiatry

Primary Contacts:
You can contact the Course coordinator(s) regarding any issues or questions related to the
content of the course or grading. It is preferred that you contact the coordinator(s) directly via
Canvas Messenger. This is the only method of communication that is guaranteed a prompt and
timely response.

Support Services: Problems with the website (such as not being able to log in, not being able to
attach a document, not being able to click on a link, or not being able to view a video or reading)
should be directed to the UF Computing Help Desk at 352-392-HELP. If there is a problem with
a video, please 1) alert UF Help, 2) Email Course coordinator(s), then 3) attempt the assignment
without the video.

Course Description:
Diseases of Eating takes a look into eating disorders and provides the scientific background
essential to understanding key topics and contents. Healthy eating in normal individuals serves as
a basis for describing diseases of eating. Eating Disorders, child and adulthood obesity, and
possible contributing factors to diseases of eating are addressed. The course is designed for
students with an interest in the physical, mental, emotional, and social aspects of eating disorders
and obesity. Strategies for treatment and prevention are highlighted. The course emphasizes
understanding of important concepts and relationships; however, this course is not intended to
serve as a treatment guide.

Course Objectives: After completing this course, students should be able to:
· Explain health nutrition and what normal eating looks like
· Distinguish between Anorexia Nervosa, Bulimia Nervosa, and Binge Eating disorder
· Discuss the concept of "food addiction" and its possible contribution to obesity

Course Disclaimer: This course (including all materials, ideas, research or clinical observations written or electronically conveyed) is for educational purposes only. The course does not substitute for and does not provide clinical or treatment recommendations or endorsements for treatment. This course is simply a survey course whose intent is to familiarize the student with a wide variety of material relevant to the study of various diseases of eating. Participants should not use any of the course material as a basis for diagnosis or treatment of themselves or others. Any clinical intervention or treatment such as a diet, psychological, surgical or medical treatment that the course participant elects to take is the sole responsibility of the student. Such clinically relevant decisions should always be discussed with the course participant's physician, surgeon, dietician or therapist and the consequences of any action taken are then responsibility of the course participant and his or her treating provider.

Educational Philosophy: The educational philosophy of the Department of Psychiatry is to provide students with a learning environment that is current, interactive and supportive. The online and unconventional nature of the course provides students with flexibility for listening to videos, submitting assessments, and discussing opinions. The class can be completed without ever setting foot on the University of Florida campus or ever leaving home. With this freedom comes responsibility and expectations. The course is accredited for 3 UF credits and as a result, it requires at least 3 hours per week in direct "contact," as well as 6 additional hours to complete assignments and course-related research. Due to the online nature of the course, the contact hours have been replaced with online videos and readings. In total, this course should require up to 9 hours per week, just as any other 3-credit course would normally require. Students are asked to check their email at least twice a week (preferably on Monday and Fridays) and to keep an account of all due dates.

E-Learning Canvas Online Course Format: All enrolled students must navigate to UF's E-Learning server found at http://lss.at.ufl.edu and login with their Gatorlink username and password. In order for the course to be delivered properly to your computer, it must be configured. Detailed instructions on how to do this are available on the E-Learning website above and a configuration-checker is available on the login screen. Failure to configure your computer may result in problems such as: not being able to view videos, not being able to click on links and/or readings, or not being able to submit written or extra credit assignments. Only work submitted through the website can be accepted and we will not accept work submitted via email. Please only email submissions to the coordinator(s) after 1) alerting UF Help and 2) taking a screen shot of the difficulty. The course faculty and staff are not able to assist students with computer/website issues. For help with this aspect, please DO NOT email the course coordinator(s) or staff, but rather call the UF Computing Help Desk at 352-392-HELP.

General Overview of Course Content: The course is divided into 15 modules. Each lesson introduces and overviews a major issue in the field. A typical lesson topic consists of videos,

multiple readings, and a short answer quiz. The course also consists of one 1000-word midterm essay. There are three exams throughout the course.

Grading Scale: Final Grades are determined by the following scale and will be posted in the Canvas Gradebook.

Grade	A	A-	B+	B	B-	C+	C	C-	D	E
%	≥ 93.00	92.99 - 90.00	89.99 - 87.00	86.99 - 83.00	82.99 - 80.00	79.99 - 77.00	76.99 - 73.00	72.99- 70.00	69.99 - 65.00	≤ 64.99%

View the current UF Grading Policy at
https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx

Point breakdown:

Quizzes (15 total worth 10 points each) = 150 points

Assignments = 75 points

      Midterm Essay Sources (Due May 28th) = 10 points

      Midterm Essay (Due by March 19th at 8:00 am at the latest) = 65 points

Exams (3 total worth 75 points each) = 225

      Total Points = 450

Optional Extra Credit (2 opportunities available) = Maximum 10 Points

      Total Points Possible = 460

Accommodations for Students with Disabilities
Students requesting accommodations must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student, who must then provide this documentation to the course director when requesting an accommodation. Contact the Disability Resources Center, http://www.dso.ufl.edu/drc/, for information about available resources for students with disabilities. Once you have received your letter from the Dean of Students Office, please contact the Course Coordinator(s) via Canvas Messenger and email a scanned version of your letter from the Dean of Students to ensure that all testing accommodations are made.

Extra Credit: There will be two opportunities throughout the semester to earn extra credit. No more than 10 extra credit points can be earned. Attempting these extra credits does not guarantee that you will earn a full bonus. You must complete the tasks thoroughly and exceptionally and the Coordinator(s) will grade them as separate scores. At least two opportunities will be offered

in the form of one extra credit discussion post due by the end of Overarching Concept 2, and 3 points of extra credit available for 50% of the class submitting their end of the year course evaluations and 5 points of extra credit available for 75% of the class submitting their end of the year course evaluations.

COURSE SCHEDULE

Module #	Topic	Due at 8:00AM EST
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Week 1-4: Overarching Concept 1: Eating Disorders		
1	What is Nutrition	May 14, 2016
1	Anorexia Nervosa	May 14, 2016
2	Bulimia Nervosa	May 21, 2016
2	Evaluation & Diagnosis	May 21, 2016
3	Treatment	May 28, 2016
3	Special Populations	May 28, 2016
4	Midterm Sources	June 4, 2016
4	Exam 1 Due	June 4, 2016
Week 5 - 8: Overarching Concept 2: Obesity		
5	Adult Obesity	June 11, 2016
5	Child Obesity	June 11, 2016
6	Midterm Essay Due	June 18, 2016
7	Binge Eating Disorder	June 25, 2016
7	Obesity Treatment	June 25, 2016
8	Exam 2 Due	July 2, 2016
8	Extra Credit Discussion Due	July 2, 2016
Week 9-12: Overarching Concept 3: Other Issues		

9	Culture and Media	July 9, 2016
9	Addiction to Food	July 9, 2016
10	Other Diagnoses	July 16, 2016
10	Careers in Eating	July 16, 2016
11	Applications and Summary	July 23, 2016
12	Exam 3 Due	July 30, 2016

All quiz assessments and web-posted essay assignments are due on the specified dates by 8:00 AM EST. Thus, before each Saturday deadline you should submit your quiz or assignment. Be sure to continue to check your email for updates and announcements. All class materials and quizzes will be opened at least two weeks before the due date. All exams open one week before the due date.

Opinion Disclaimer: Please note that sometimes the professionals being videotaped or the author of an assigned article may offer an opinion about health care, perhaps even a controversial one. We wish to encourage open-minded thinking, evaluation, and critiquing in this course and so we also have web-posts where you may voice your opinions. However, it is important to recognize that the opinions expressed by the course lecturers/authors do not necessarily reflect those of the course professors, teaching assistants, the UF College of Medicine, the Department of Psychiatry, or the University of Florida.

Video Lectures and Interviews: This class seeks to break out of the conventional lecture format by providing brief, targeted videos and readings.

If a video is not opening or playing for you, try clicking the "Open in YouTube" button on the video player. If the video continues to not display, please contact the UF Help Desk at 352-392-HELP for assistance in updating their computer software BEFORE requesting assistance from the Course Coordinator(s).

Required/Recommended Reading: There is no required textbook. All PDF research articles, lecture slides, and other resources (such as website links) listed within each module should be considered required reading unless otherwise noted. These resources should provide you with enough information on the topic to appropriately answer all quiz and exam questions.

Class demeanor/netiquette: All students should be courteous to each other and to course coordinators and instructors in all their communications, including discussion post assignments. Those found to be disrespectful of others run the risk of point deduction. View a guide for appropriate online communication at

http://teach.ufl.edu/wp-content/uploads/2012/08/NetiquetteGuideforOnlineCourses.pdf

Students should not upload or duplicate copyrighted information on online class discussion boards without express permission from the copyright holder. Students must complete assignments on time. Check email at least twice a week for course announcements, read and follow directions carefully, be aware of your grades and raise any issues you have in a timely manner.

Quiz-Assessments: All of the lessons contain a quiz located in the Assessments tab consisting of 5 questions each worth 2 pts, for a total of 10 points per quiz. All questions are based on the readings, videos, and web links. They are designed to not only ensure that you have viewed the video and completed the readings, but to also test your ability to apply what you have learned. All quizzes should be graded shortly after the deadline has passed. You should then be able to view your score. If you find any of the questions ambiguous or if you have a conflict with the scoring, you may post on the "Grading Questions and Disputes" board. If need further clarification then you may contact the Course coordinator(s) via Canvas Messenger AFTER the deadline has past.

Midterm Essay: One, 1000 word essay is required. This essay will require you to take a stance on the presented topic. This essay requires the student to locate and review scientific research and to use the information gleaned to write a persuasive argument that considers the prompt from both sides. Students are also required to cite their sources using APA or AMA formatting. Students are also required to submit their sources by June 4th, prior to submitting their discussion posts for instructor revision and approval.

Dispute Deadlines: Students have until quizzes and exams close to post a question number in the "Grading Questions and Disputes" discussion board. Students should only post the question number. Students should not post if the question has already been disputed by another student. Students who post more than the question number will have their disputes deleted without further response. Students have two weeks from grades being released to dispute a discussion grade. Disputes will not be accepted after this deadline.

Tests: All of the Overarching Concept sections contain a test located in the Assessment tab consisting of 25 multiple choice questions each worth 2 points, for a total of 50 points per test. All questions are based on what you learned from the readings and videos. They are designed to not only ensure that you have viewed the lecture and completed the readings, but to also test your ability to apply what you have learned.

All tests should be graded shortly after the deadline has passed. You should then be able to view your score. If you find any of the questions ambiguous or if you have a conflict with the scoring, email the course coordinator(s), after the Due Date.

Academic Honesty: Online classes are subject to the same guidelines of academic honesty as all on-campus classes. Please review and be familiar with the Student Honor Code, which can be found at http://www.dso.ufl.edu/sccr/honorcodes/honorcode.php. UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/) specifies a number of behaviors that are in violation of this code, and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor or course coordinator(s).

Special Note on Plagiarism: Plagiarism is presenting another's work as your own. Cheating and plagiarizing are against the University of Florida Student Conduct Code and will not be tolerated. Every submission in this course is checked via Turnitin.com (http://www.turnitin.com), an online service that compares documents with each other and with every page on the Internet as well as with other assignments turned in this and previous semesters. If portions of your document were directly copied and pasted from another student's assignment (past or present) or from a World Wide Web page, that constitutes plagiarism. Any form of plagiarism will be investigated as set out by the University of Florida Student Conduct Code. Procedures on investigations can be found at: http://www.dso.ufl.edu/judicial/. Students in this course caught cheating (copying) and plagiarizing, will be immediately given a failing grade and prosecuted in the UF Honor Court. The reader of your paper should know exactly from where all your outside information originates. It may be acceptable to place a few comments in quotes with a citation, but it is never acceptable to copy and paste a long string of text from a source, even if it is cited and even if you change a few words. Anything from another source that is not in quotations must be paraphrased. Also, please note that UF policies require that you create original work for each course. Thus, students are not permitted to submit papers they prepared previously outside of this class, such as for high school or other UF courses.

Late/Make up policy: Since students are informed of topic areas and deadlines at the beginning of the semester, it is difficult for us to accept late assignments. As previously mentioned, by waiting until the last minute to begin working you may run the risk of computer problems. Websites being down or your personal computer giving you technical problems is not an excuse for late work. For this reason, we strongly suggest working on all assignments and quizzes at least 1-2 days ahead of time to avoid such issues. If you believe you have a legitimate reason for missing work, you may request an extension from the course coordinator(s) before the deadline passes. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at

https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx. View the UF policies regarding medical excuse from classes at http://shcc.ufl.edu/forms-records/excuse-notes/.

Course Evaluation: Students are expected to provide feedback on the quality of instruction in this course. Evaluations are conducted online at https://evaluations.ufl.edu and are typically open during the last two or three weeks of the semester. Students will be told the specific times when evaluations are open. Summary results of these assessments are available at https://evaluations.ufl.edu.