Course Syllabus

Counseling Psychology 577 Nutritional Principles and Treatment for Eating Disorders and "Obesity" Spring 2010 Jacqueline Abbott, DrPH,RD,LD,CEDS jacquelineabbott@msn.com

Course Description

This course will provide a concise yet comprehensive overview of basic human nutrition, digestion and metabolism. A review of the nutrient treatment modalities for eating disorders will be discussed. The manner in which "obesity" is viewed and treated will be discussed. Students will examine their own nutrition status and strategies for personal wellness.

Learning Objectives

At the end of this course, students will be able to:

- 1. Describe 3 roles of each food group.
- 2. List five dangers of dieting behaviors.
- 3. List four benefits of balanced nutrition.
- 4. Describe four strategies to help manage stressors and build stamina.
- 5. Describe a three day food plan.
- 6. Calculate ideal body weight.
- 7. Differentiate between hunger and satiety cues.
- 8. List 3 preventive measures to deter child and adolescent weight concerns.
- 9. List 3 resources for wellness in their community.
- 10. Design a personal wellness plan to be used in their practice.

Requirements for Credit

Attendance and Participation

Regular attendance and active participation in class sessions and experiential activities is expected. Please notify us within 2 weeks of absence if you are unable to attend part of the class so that arrangements can be made to make up time lost. Your active participation is encouraged and appreciated.

Evaluation Criteria

Attendance and Participation	15
Personal Food Journal Due: April 10	15
Journal/Book Review Due: April 10	15
Case Study Presentation Due: April 11	15
Community Presentation Review Due: April 11	20
Portfolio Presentation Due: April 11	20

Grading

90 - 100 points	А
80 - 89	В
70 - 79	С

Course Outline

Saturday, March 6

Review and Overview Digestion Lunch Nutritional Treatment from an eastern Perspective Gretchen Newmark, MS,RD,LD

Sunday, March 7

Body Composition Project Time Lunch Nutrition 101 Guest: Lindsey Thompsen, MS

Saturday, April 10

Early Intervention and Prevention Food Journal Literature Review Lunch Self Care Dana Sturtevant, MS, RD,LD

Sunday, April 11 (Jacki, Dana and Hilary)

Case Studies Community Reflection Lunch: POTLUCK Portfolio Graduation