Course Syllabus

Counseling Psychology 577
Nutritional Principles and Treatment for Eating Disorders and “Obesity”
Spring 2010
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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.
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

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points</th>
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<tbody>
<tr>
<td>Attendance and Participation</td>
<td>15</td>
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<tr>
<td>Personal Food Journal Due: April 10</td>
<td>15</td>
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<tr>
<td>Journal/Book Review Due: April 10</td>
<td>15</td>
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<tr>
<td>Case Study Presentation Due: April 11</td>
<td>15</td>
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<tr>
<td>Community Presentation Review Due: April 11</td>
<td>20</td>
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<tr>
<td>Portfolio Presentation Due: April 11</td>
<td>20</td>
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Grading

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
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<tr>
<td>90 - 100</td>
<td>A</td>
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<tr>
<td>80 - 89</td>
<td>B</td>
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<tr>
<td>70 - 79</td>
<td>C</td>
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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