MDU 4850 **Disease of Eating** **Fall 2018**
E-learning Canvas Online Course 3 Credit Hours

Course Professor:
Melissa Munson, Ph.D., Assistant Professor, Department of Psychiatry

Course coordinator:
Danielle Cooke, M.S., Department of Psychiatry, Department of Clinical and Health Psychology

Primary Contacts:
You can contact the course coordinator regarding any issues or questions related to the content of the course or grading. Only contact the coordinator directly via Canvas Messenger. We cannot guarantee a prompt response with any other method of communication.

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.

Problems with assignments, quizzes, exams should be directed first to the UF Computing Help Desk at 352-392-HELP. Then the student should immediately notify the course coordinator about their difficulties. This message should include your ticket number.

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 serves as a basis for describing diseases of eating. Research on eating disorders, the current domestic and international diagnostic criteria for eating disorders, treatment for eating disorders, possible contributing factors to diseases of eating, special considerations, and areas for future research are addressed. The course is designed for students with an interest in the physical, psychological, cultural, 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 various eating disorders
- Discuss the various available treatments
- Identify areas for future research and special considerations

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, 2) obtaining a ticket number and 3) 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 quiz. The quizzes are untimed and are intended to serve as a reading guide; therefore students are encouraged to start the quizzes early and return to them frequently as they complete the reading. The course also consists of two 500-word discussion posts with two 250-word responses per discussion post. There are two exams throughout the course: a final and midterm.

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+	D	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 - 67.00	66.99 - 63.00	62.99 - 60.00	≤ 59.99%

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**
Discussions (50 points will be assigned for the completion of one discussion post and each of two responses to other students' discussion posts) = **100 points**
Exams (2 total worth 100 points each, 1 for each "Overarching Concept") = **200 points**
Optional Extra Credit = *Maximum 10 points*

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 opportunities throughout the semester to earn extra credit. No more than 10 extra credit points can be earned though more than two extra credit assignments may be attempted. Attempting these extra credits does not guarantee that you will earn a full bonus. You must complete the tasks thoroughly and exceptionally as the coordinator will grade them as separate scores. The extra credit opportunities are:

- Extra credit syllabus and introductory quiz **(required)** – up to 5 points awarded
- Extra credit discussion – up to 5 points awarded
- Extra credit survey (**3 points** made available to students contingent on 50% of course participants completing faculty evaluations; **5 points** made available to students contingent on 80% completion of the faculty evaluations) – up to 5 points awarded

Fall 2018		
Module #	**Topic**	**Due Wednesday at 11:59PM EST**
Week 1: Getting to Know the Course and Canvas		
	*Syllabus and Introductory Quiz	August 29, 2018
Week 2-4: Overarching Concept 1.1: Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder		
1	Introduction to Nutrition and Disordered Eating Behaviors	September 5, 2018
2	Anorexia Nervosa	September 5, 2018
3	Bulimia Nervosa	September 12, 2018
4	Binge Eating Disorder	September 12, 2018
	Discussion 1	September 19, 2018
Week 5-8: Overarching Concept 1.2: Other Disorders and Treatment		
5	Avoidant/Restrictive Food Intake Disorder	September 26, 2018
6	Other Feeding and Eating Disorders	September 26, 2018
7	Evaluation & Diagnosis	October 3, 2018
8	Treatment	October 3, 2018
	Midterm Exam	October 10, 2018
	Extra Credit Discussion Due	October 10, 2018
Week 9-15: Overarching Concept 2.1: Additional Considerations		
9	A History of Eating Disorders	October 17, 2018
10	Obesity and Dieting	October 17, 2018
11	Special Populations	October 28, 2018
	Discussion 2	October 31, 2018
Week 9-15: Overarching Concept 2.2: Research and Careers		
12	Culture and Media	November 7, 2018
13	Areas for Further Research	November 7, 2018
14	Addiction to Food & Exercise	November 14, 2018
	Thanksgiving Break	
15	Careers in Eating Disorders	November 28, 2018

	Final Exam	December 5, 2018
	Extra Credit 2: Course Evaluation and Surveys Due	
*All students must complete the syllabus and introductory quiz prior to starting the courses. If you do not complete this quiz, **you will not be able to access Overarching Concept 1**. If you miss quiz 1 due to this, you will not be given an extension. Do not wait until the last minute for this. Complete it as soon as possible.		

All quiz assessments and web-posted essay assignments are due on the specified dates by 11:59 PM EST. Thus, before each **Wednesday deadline** you should submit your quiz and response to the discussion post. 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 discussions open at the beginning of the concept area. All exams open one week before the due date.

Please note that in order to give you school breaks off (Add-Drop week, Homecoming Weekend, Thanksgiving Break, and Reading Days) this course will be moving quickly. Most students enjoy that this course ends prior to the start of the UF exam weeks, as it allows them to focus more fully on their other classes. This means that you **must plan ahead and start/submit your course work in advance**. Each quiz will be open for a minimum of 2 weeks, each discussion post will be open for a minimum of 4 weeks, and each Exam will be open for one week. This gives you ample opportunity to submit your work and as such family vacations, personal travel, and athletic activities will not be accepted as adequate excuses for missing deadlines.

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 coordinator(s)s 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

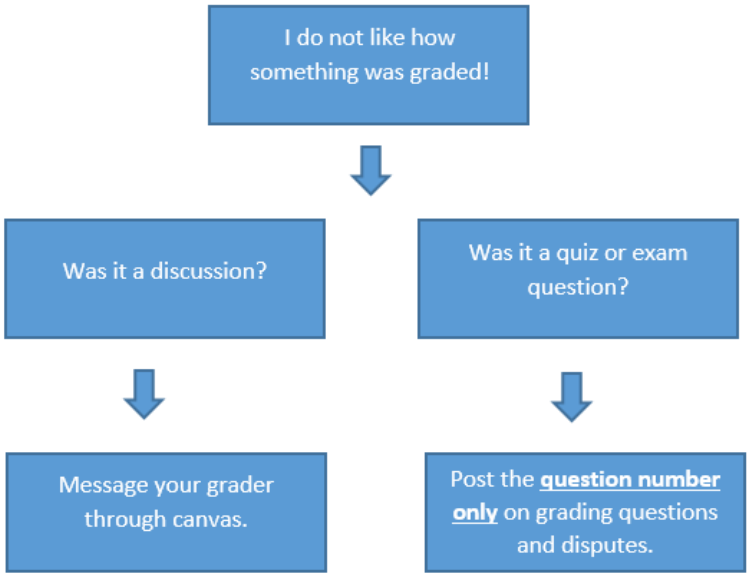
http://teach.ufl.edu/wp-content/uploads/2012/08/NetiquetteGuideforOnlineCourses.pdf

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 5-10 questions, worth 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.

Discussion Posts: You will always have at least three weeks to complete your discussion post. The first opens at the beginning of Overarching Concept 1 and the second will open after the first discussion closes. You will receive your discussion grades at minimum three days prior to due date of the next. Discussions are due on the dates noted above in the course calendar. At the end of each section, 50 points will be assigned for the completion of a discussion post and two responses to another student's discussion post. This is to promote collaboration and discussion among peers. Specific topics and the rubric for grading will be presented within the discussion board. If you are confused about your grade or would like help improving, message your grader via Canvas.

Tests: Both of the Overarching Concept sections contain a test located in the Assessment. The tests are in a variety of different formats and are worth 100 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.



Grading questions and disputes: If you find any of the exam or quiz questions ambiguous or if you have a conflict with the scoring, post the question number only in the *Grading Questions and Disputes Board.* If, after the question has been

reviewed and responded to, you still have an issue with the question, you may contact the course coordinator for further clarification.

Please note that students may have special circumstances and still be taking the exam or quiz. Therefore it is crucial that you only post the question number in the *Grading Questions and Disputes Board.* Do not post editorials as to why you are disputing it. If someone has already posted the question number, do not post it again. Failure to follow the rules of this board will result in your dispute being removed and ignored.

Dispute Deadline: Students have 24 hours after an exam or quiz is due to dispute a question. Students have one week after receiving their discussion grades to dispute their score. Students are highly encouraged to request

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 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

In regard to medical excuses, if you are located in Gainesville your note must come from the University of Florida Student Health Care Center, or another University of Florida provider. For students outside of Gainesville, please have your doctor fax your excuse note to UF Psychiatry at 352-294-0434. Please follow up with the Course Coordinator to make sure that the note has been received. 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.