

## Eating Disorders

### Instructor:

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Instructions for Ordering Class Materials: Go to <http://classcenter.net> and select “Eating Disorders Class”. If you have any issues, please contact [support@classcenter.net](mailto:support@classcenter.net).

### Course Description & Structure:

#### Description:

Welcome to Eating Disorders. This course is offered as a web-based course. It uses the Canvas Learning platform and includes online lectures, PowerPoints, and video streaming, as well as interactive quizzes, and module assignments. Everything you need for this course is available online, which means that you will have access to the course 24/7. We have developed what we feel is an engaging, interactive, and highly informative educational experience for you, and we are delighted to have you on board. So, Welcome Aboard!

Eating Disorders provides an introduction to the characteristics and criteria associated with a variety of forms of disordered eating. We cover anorexia nervosa, bulimia, binge eating disorders, and overeating, among others, and overview key features of their causes, presentation, and treatment. Special attention is dedicated to understanding eating disorders in women, men, athletes, and multicultural populations. Attention is given to critical factors in the development and maintenance of eating disorders. These include personality features and family characteristics, as well as sexual orientation, sociocultural, genetic, and family influences. Further, the medical and physiological consequences of eating disorders will be covered. Treatment strategies for those with eating disorders are also reviewed, including: nutritional, psychological, and pharmacological forms of treatment. Finally, strategies for preventing eating disorders will be explored. The causes, conceptualizations, and interventions related to eating disorders can be understood at many different levels, ranging from biological and genetic to sociocultural and political, and our goal is to give you an overview of a broad spectrum of these different perspectives and the scholarly and scientific research literatures that support them. This course is designed for students in health education, nursing, pre-med,

dietary science, and counselor education, as well as in psychology, and we are excited to have the opportunity to introduce you to this important area of study. So again, welcome aboard!

### **Structure:**

The course is structured into a series of five modules over the course of the semester. Quizzes and Assignments (discussed below) will be available for you to complete at your own pace.

In addition, if you fail to generate activity in the course for prolonged periods of time you will receive a query from us because we do not want you to fall behind in the course. Making regular, daily progress in the course is strongly associated with doing well in it, so we encourage you to logon regularly and keep up with the readings and assignments. Our goal is to provide you with a balance of structure and freedom so that you can maximize your control over the nature of your learning experience and continue to demonstrate progress in the course at the same time. Both research and experience have shown that distributed learning is much more effective than mass learning (i.e., “cramming”), so we have designed a course that gives you freedom to pursue the former without lapsing into the latter!

To assist you in your learning, your course has assigned Teaching Assistants (TAs). Your primary TA for this course is Edwina. The role of the T.A. is to help manage the course. If you have questions or concerns, **please contact your TA first**. If necessary, she will follow up with the professor. We have worked hard to design a course that is interactive, engaging, and highly informative, and we welcome your comments, reactions, and participation in it.

### **Course Goals:**

1. Be able to identify the range of eating disorders, their characteristics and their criteria
2. Be able to describe several factors that contribute to the development and maintenance of disordered patterns of eating
3. Learn how eating disorders manifest in different populations
4. Understand the relationship between aspects of nutrition and emotional disorders
5. Identify several treatment strategies for those with eating disorders
6. Learn ways of preventing eating disorders
7. Become familiar with the professional and scientific literatures related to understanding and treating disordered eating

### **Caveat:**

This course requires considerable ongoing work on your part. It requires the completion of a total of 38 Quizzes, 5 Module Assignments, and an Online Program. For this reason, it is important that you access the course regularly and make consistent progress throughout the semester on it. Do not allow yourself to fall behind. Incomplete grades will only be given under exceptional circumstances requiring documentation of hardship in consultation with the course instructor.

## **Course Materials:**

**The following course materials are needed for this class. These materials will be available as a course bundle so that you can order all of your course materials at one time. Your course bundle will include:**

### **Eating Disorders** by Pamela Keel

This e-book provides a research-based overview of eating disorders. This included a description of current disorders as well as those currently under consideration for possible diagnosis in future editions of the *Diagnostic and Statistical Manual of Mental Disorders*. It also covers the biological, individual, social and cultural factors associated with eating disorders, as well as aspects of research, prevention and treatment of disordered eating. You will be taking a short quiz on each of the chapters in this book, as outlined in your courser schedule.

### **Understanding Feeding and Eating Disorder in the DSM-5** by Greg Neimeyer, Ph.D.

This online training (recorded webcast) details the nature of the re-organization of this section of the DSM-5, the addition of the new disorders and the criteriological revisions, as well as possible future issues and directions associated with changes in this section in forthcoming revisions of the manual. After completing this training, you will complete an associated quiz.

### **The Complete Practitioner** by Carlat Institute

The Complete Practitioner (TCP) is a professional serial that provides summaries of recent research findings in the areas of psychopathology, psychotherapy, and psychopharmacology. You will read select articles from this research review that targets aspects of eating disorders. There will be 5 issues of TCP.

**Instructions for Ordering:** Go to <http://www.classcenter.net> and select Eating Disorders Class. If you have any issues, please contact [support@classcenter.net](mailto:support@classcenter.net).

## **Course Assignments & Grading:**

### **Syllabus Quiz and Presentation Quizzes (Total 310 possible points)**

1 Syllabus Quiz (10 pts.) and 15 multiple choice quizzes (20 pts. each) based on the weekly presentations. Each audio presentation is accompanied by a PowerPoint presentation and followed by a 10-item multiple choice quiz.

### **Chapter Quizzes (Total 110 Possible Points)**

Each chapter of the *Eating Disorders* book (Keel) will be accompanied by a short 5-item multiple choice quiz worth a total of 10 possible points. You will be reading eleven chapters for a total of 110 possible points for chapter quizzes.

### **Module Assignment (Total 300 Possible Points.):**

There is an assignment at the end of each of the 5 Modules. The goal is to cultivate informed discussion of course material and related experience. We want to draw on the collective interests and experiences that you bring to this course so please feel free to be an

active contributor.

### **Eating Disorders Review Quizzes (Total 120 Possible Points.)**

Read the Eating Disorders Review Newsletters (6 issues) and complete the associated quizzes. Each issue has a 20-point quiz (10 questions) associated with it, for a total of 120 possible points.

### **The Complete Practitioner Quizzes (Total 100 pts.)**

You will be reading 5 issues of The Complete Practitioner (TCP). Each issue has a 20- point quiz (10 questions) associated with it, for a total of 100 possible points.

### **Syllabus Quiz (Total 10 Extra Credit Possible Points)**

There is one extra credit opportunity available. We have primarily included this opportunity for you to encourage you to read the syllabus and to support you, in the event that you are on the cusp between two grades. This is the sole extra credit opportunity available in this class.

**Proctored Exam:** Exams will be offered online in a timed, proctored environment via ProctorU. You must complete the exam within the allotted time. You must make a reservation with ProctorU for each of your exam. The fee is covered by your tuition -- unless you sign up late. If you sign up less than 72 hours before the test, ProctorU may assess you a late fee of \$5 to \$20.

The Reconceptualization of Eating Disorders in the DSM-5 requires online proctoring by [ProctorU](#). Details on signing up for the ProctorU service are available on the Canvas page.

**IMPORTANT: All exam proctoring appointments should be made at least 72 hours in advance.**

### **Reconceptualization of Eating Disorders in the DSM-5 (Total 70 Possible Points.) (Proctored Exam)**

Listen to/View the recorded webcast and then come back into the course and complete a quiz based on it.

The total number of possible points you can earn in the course is 1,010, and your final grade is based on the total number of points that you earn according to the following break-down

### **Grading:**

950-1010 points A

900-949 points A-

875-899 points B+

850-874 points B

825-849 points B-

800-824 points C+

775-799 points C

750-774 points C  
725-749 points D+  
700-724 points D  
675-699 points  
D- 674 and  
below F

## **Flexible Learning Course Policies and Procedures**

### **Academic Integrity**

Students enrolled at the University of Florida are expected to perform with the highest level of academic honesty and integrity. You are responsible for providing proper acknowledgement for any work that is not the product of your own thought (this includes published and unpublished texts and information taken from Internet sources). Failure to properly cite such material will be regarded as plagiarism.

### **Course Deadline and Extension Policy:**

Students are allowed 16 weeks, from their date of enrollment, to complete and submit their coursework. If the student has not submitted at least 50% of their coursework and have an extenuating circumstance preventing them from submitting the coursework, a failing grade of “E”, “E0” or “E1” will be issued and recorded to the UF Registrar.

If the student has made sufficient academic progress, which is defined as completing and submitting at least 50% of the coursework and have an extenuating circumstance, the student may petition the instructor for a course extension before the course expires. Each course extension request will be administratively evaluated. Instructors are not required to allow extensions. If a student does receive an extension, an incomplete grade of an “I” will be assigned as an interim grade. When the course is completed, the instructor will initiate the change of grade. After that, the “I” grade will be changed to the student’s final course grade on their transcript.

### **Course Cancel or Drop:**

#### *Course Cancel:*

- A tuition refund may be granted after a student submits a written request for withdrawal from a course within 30 days of enrollment. This request must be in writing and may be sent by email to [learn@dce.ufl.edu](mailto:learn@dce.ufl.edu). All requests will receive written responses. Refunds will be the amount of tuition, less \$25.00 per course.

- A refund can be issued on course materials at the time of withdrawal if they are returned within 30 days of sale and are in their original condition. Please call our office (352) 392-1711 for up to date refund policies. No refunds are granted after 30 days. Students with disabilities who need to drop a course due to disability-related reasons are allowed to petition for additional drops. For more information, contact the [Disability Resource Center](#).

### *Course Drop:*

- To drop/ withdrawal from a course, email [learn@dce.ufl.edu](mailto:learn@dce.ufl.edu). Be sure to include in the body of your email that you wish to drop/ withdrawal. There is a 14-week period to drop from the date of your enrollment. Please use this link for more information: [UF Drop Policies](#)

### **UF Students Course Drop/ Withdrawal:**

- In order to drop a UF Flexible Learning course, UF students must have an Academic Advisor or Department Chair email the UF Flexible Learning office at [learn@dce.ufl.edu](mailto:learn@dce.ufl.edu) stating that the student is approved to drop the course.
- UF Students wishing to drop a UF Flexible Learning course after drop/add should contact their college advising office to see if they have a free drop remaining. If they have a free drop remaining, they have 14 weeks from the date of enrollment to drop the course, subject to applicable rules of their college and the university. This action is subject to verification that a grade has not yet been assigned.
- All full-term withdrawals must follow University of Florida policies/procedures. An approved withdrawal form must be submitted to the Dean of Student's Office for review and final approval. Students must also notify the UF Flexible Learning office of this request.
- Please use this link for more information: [UF Drop Policies](#)
- Medical Withdrawals:

Here is the link to start the Medical Withdrawal Process: [Dean of](#)

[Students Office Medical Withdrawal Process](#)

### **Retroactive Withdrawals:**

Here is the link for retroactive withdrawal information: [Petition Information](#)

### **Course Transfers:**

You may transfer from one course to another within 30 days of enrollment. This request must be in writing and sent by fax or e-mail. You will receive a receipt by mail. Any difference in tuition will be collected or refunded. There is a \$50.00 transfer fee. After the transfer has taken place, the original enrollment and expiration dates still apply.

The approval and signature of a dean or academic advisor is required for *UF students*.

### **Textbook Buy-Back:**

Textbooks, except for ones that use an access code, that are in continued use by UF Flexible Learning and are in good condition may be repurchased at 50% of the original purchase price 30 days from withdrawal or completion of a course.

Textbooks can be mailed to UF Flexible Learning. Be sure to include a note which contains your name, UF ID, course and contact information. A check will be issued and mailed to you. Contact UF Flexible Learning for more details at [learn@dce.ufl.edu](mailto:learn@dce.ufl.edu).

### **Length of time to complete a Flexible Learning course:**

- Students are allotted 16 weeks to complete a course from the date of their enrollment. For course(s) not completed within the 16-week time limit, a failing grade of “E” will be reported to the registrar.
- Students who have academic goals such as graduation or applying to graduate school, are strongly advised to complete their course(s) 14 days prior to their personal deadline. This is to ensure the grades will be posted in plenty of time for transcripts.
- The policy is to submit up to two assignments per week, with as the maximum. To submit more than two to three assignments per week, the student must seek approval from the instructor. Most courses cannot be completed in less than 8 weeks because it is necessary for the student to receive feedback.

### **Plagiarism:**

“A student shall not represent as the student’s own work all or any portion of the work of another. Plagiarism includes but is not limited to:

1. Quoting oral or written materials including but not limited to those found on the internet, whether published or unpublished, without proper attribution.
2. Submitting a document or assignment which in whole or in part is identical or substantially identical to a document or assignment not authored by the student.”  
Source: Regulations of the University of Florida, UF-4.041. For more information, please go to this link: [Student Honor Code and Student Conduct Code: Scope and Violations](#)

“For a violation or violations of the Honor Code, a student may receive any of the sanctions that can be imposed for Student Conduct Code violations, including but not limited to conduct

probation, suspension and expulsion as well as any educational sanctions. In addition, students may receive the following:

- (a) Assignment grade penalty. The student is assigned a grade penalty on an assignment including but not limited to a zero.
- (b) Course grade penalty. The student is assigned a grade penalty in the entire course including but not limited to an 'E'." Source: Regulations of the University of Florida, UF-4.047.

### ***Course Schedule and Changes***

While this is certainly not expected, the instructor reserves the right to make changes at any time to the course schedule, syllabus, quiz or assignment formats. Any changes will be documented in writing with as much advanced notice as possible. Students are solely responsible for keeping their email addresses up to date and on file, keeping up with the course schedule and any announced revisions that may occur on their own.

### **Disability Accommodations:**

The [Disability Resource Center](#) in the [Dean of Students Office](#) provides students and faculty with information and support regarding accommodations for students with disabilities. Staff at the Disability Resource Center will assist any student who registers as having a disability. Official documentation of a disability is required to determine eligibility for appropriate accommodations. The professional employees at the Disability Resource Program serve as full-time advocates for students with disabilities ensuring students have physical and programmatic access to all college programs. One of the services provided by the Disability Resource Center includes:

- Testing Accommodations  
Please click on this link for further information: [DRC-Testing Accommodations](#).

**The Flexible Learning office needs to be notified of any special accommodations required by the student when they begin their course.**

### **How to Request a UF Transcript:**

There are two ways to order a transcript:

1. The online ordering system by going to this link: [Ordering UF Transcripts](#)
2. If you cannot use the online system, please contact the UF Office of the University Registrar for instructions to mail in a request with a check or money order. They can be contacted by phone Monday-Friday, 8:00 a.m. to 5:00 p.m., at 352-392- 1374. Persons with hearing impairments can call FRS # 1-800-955-8771 (TDD).

**Please check your “unofficial transcript” first, before ordering your “official transcript”,**



**to make certain that your grade has been posted.**

The University of Florida assures the confidentiality of all your educational records in accordance with State University System Rules, State Statutes, and the Family Educational Rights and Privacy Act. Grades are not given out over the phone.

**UF Flexible Learning Contact Information:**

Email: [learn@dce.ufl.edu](mailto:learn@dce.ufl.edu)

Phone: (352) 392-1711

Toll free: (800) 327-4218

Fax: (352) 392-6950

**Office Hours:**

Monday-Friday

8:00am-5:00pm EST

Website: <http://flexible.dce.ufl.edu/>

**Office Hours:**

Monday-Friday 10:00am-7:00pm  
EST

