



Psychobiology of Eating and Obesity

GMS7795

This 3-credit, fully on-line course examines the basic principles underlying eating behavior and its relationship to obesity. At the end of this course you will -

- Understand the foundations of the constituents of food, and of energy flow through organisms
- Understand the relevant biology of eating, including gastrointestinal and brain structures and related signals
- Appreciate the biosocial context in which these physiological principles operate to produce behavior
- Appreciate the problems associated with food, including obesity, at individual, national, and global levels

The course is divided into 13 one-week modules, each of which treats a major component of the organization eating behavior. Each module is split into several units, each of which has a short quiz to assess your understanding of the module materials, followed by a short “food for thought” essay paper on a topic of your choice but relating to the module.