

Psychobiology of Eating and Obesity PSY6930/GMS7795

The Course Syllabus (Spring '16)

PLEASE READ CAREFULLY

This course syllabus describes the reading assignments, self check quizzes, Food for Thought assignments, and peer paper review that you will be completing for each module of this course by their due dates. The course is designed in 13 modules, each of which is designed to take about one week. It is critically important that you keep up with the material and establish your own work schedule so that you can meet the weekly deadlines.

The material is in the Canvas shell, but your ability to post comments will be via Voice Thread which resides outside of Canvas, and you will activate access with your Gator link credentials. During the first few days of the course, you must read the Voice Thread manual and complete a self-check quiz and test, the purpose of which is to ensure that you can use this interface.

Each course module, which corresponds approximately to Chapters in the text book, Psychology of Eating by Rowland & Splane (Pearson, 2014). Each module lasts one week and will be available at 8 a.m. Mondays of each week, starting with Module 1 on 11th January (preceded by Voice Thread quiz week of Jan 5th). You will probably find that some modules are longer or more difficult than others, so don't wait until the end of the week to start reading! Each module is divided into 3-4 Units.

Each Unit has the same general format: (1) a Voice Thread slide with audio lecture (and viewable transcript) by the instructor, (2) additional materials - either video (mostly YouTube) or articles mainly from scientific journals, and (3) a self-check quiz worth a few points that ensures you have reviewed and understood the material in (1) and (2). The self-check quizzes from the week's units are due by 11:59 p.m. on Saturdays. If you are late, Canvas will shut you out. Each Module ends with a "Food for Thought" assignment which is to write a paper (~1,000 words) on a topic related to the module. In some cases, I include a global question in this segment, but that doesn't mean you have to write on that question. The key idea here is that you get used to writing a short paper each week, and that it is a topic that teaches both you and me something - that is, you can't just parrot the slides or reading materials. Each module paper is due by 11:59 p.m. on Sunday of that module-week, and is worth 50 points graded from a rubric.

Additionally, once all the papers have been submitted for a given module, I will assign each of you ONE of your classmate's papers to read and review according to the same rubric. These reviews (worth 10 points) are due within 48 hours of my assigning your paper - I will strive to do that on Monday mornings (i.e., due Tuesday midnight). Insofar as possible, you will get a different person's paper for review each week, so it's important you are consistent across weeks.

The materials for the next module will not be released until you have submitted your self-check quizzes and paper for the previous module, but will not be dependent on the peer review being completed.

After you have submitted your last peer review (#13), the class will be completed. There is no cumulative or final exam.

The total points for the class are (approximately) as follows:

Self-check quizzes and Voice Thread test = 238 points

Module papers (13 @ 50 points) = 650 points

Peer reviews (13 @ 10 points) = 130 points

total = 1,018, which I will round down to 1,000 for computing final course grade. The approximate grade scale (%) will be 92/84/76/68 with + and - divisions as appropriate.

Be sure to monitor the completion of your work by viewing the Modules, Assignments or Grades Pages linked in the menu on the left so that you will know if you have completed all of the assignments required before taking the Module tests. The following links will take you to help pages on how to view these sections of the course: [Modules](#), [Assignments](#), [Grades](#). If you have additional questions about the CANVAS platform, please see the [Canvas Student Guide](#).

Module titles:

1. Psychology of eating: nexus of nutrition
2. Macronutrients and the food we eat
3. The chemical senses
4. You are what you eat: evolution, energy and foraging
5. Basic learning processes and eating behavior
6. The development of eating behaviors
7. Social factors and beliefs
8. Mood & food, cravings & addiction
9. Hunger, satiety and the brain
10. Eating disorders and treatment
11. Genetics of obesity
12. Treatments for obesity
13. Where do we go from here?