



PSY 2054A – Sec 530

Psychology of Eating

School of Behavioural and Social Sciences

General Information

Course #: PSY 2054A

Section #: 530

Term: Intersession

Year: 2020 - 2021

Course Day and Time: online synchronous, Mondays & Wednesdays 1 – 4pm (See course OWL site for Zoom details; See 'Course Content' below for schedule of online classes)

Course Location: online synchronous on OWL

Instructor Information

Name: Dr. Christine Tenk

E-mail: ctenk2@uwo.ca

Telephone number for office appointments: please email instead

Office hours for students: TBA - See OWL

Office location: Zoom office hours only (You can join with video or just audio depending on your preference)

Course Description

This course examines the neurobehavioural, developmental, cognitive and social determinants of eating behaviour. Topics may include the biology of hunger and satiety, food preference and choice, social and cultural meanings of food, media influences, body image, emotions and eating, obesity and dieting, and disordered eating.

Prerequisites: None

Antirequisites: None

Required Course Materials

Custom Course Pack for Psych 2054A/B 2020-21 from Western Bookstore

Optional Course Materials

Recommended: Eating Behavior, Terence M. Dovey, Open University Press, 2010

Learning Outcomes

By the end of the course, students should be able to:

- a) Interpret the meaning of food & eating behaviour as it varies across individuals, cultures & time (*Brescia Competencies: Communication; Critical thinking; Social awareness & engagement; Valuing*)
- b) Describe the biology of appetite and how it controls hunger and satiety (*Brescia Competencies: Communication; Critical thinking*)
- c) Identify developmental, cultural, social and individual determinants of one's own and other's eating behaviour (*Brescia Competencies: Communication; Critical thinking; Inquiry & Analysis; Self awareness & development; Social awareness & engagement; Valuing*)
- d) Recognize unhealthy patterns of eating (*Brescia Competency: Critical thinking*)

Brescia Competencies

- Communication (Level 1 & 2)
- Critical thinking (Level 1 & 2)
- Inquiry & Analysis (Level 1)
- Self awareness & development (Level 1)
- Social awareness & engagement (Level 1)
- Valuing (Level 1)

Teaching Methodology and Expectations of Students

This course is an online **SYNCHRONOUS** course. This means that there are **live elements** to this course including lectures, activities & assessments that will take place during the class scheduled time of Mondays & Wednesdays from 1 – 4pm EST (Toronto, Canada). See <https://www.thetimezoneconverter.com/> for conversion to your local time. These course elements will take place over Zoom. See the course OWL page for Zoom details.

Synchronous elements **will NOT be recorded** for later viewing. Slides or lecture materials will be provided on OWL and as always, you can connect with me or your fellow learners if you miss a class.

Not all components of the course are synchronous. Other course information, including ASYNCHRONOUS (i.e. non-live) components of the course will be provided to students via **OWL**. For a tentative schedule of synchronous meeting see the 'Course Content' section.

You are responsible for **checking the course OWL site regularly** for course information and requirements.

All announcements will also be delivered through OWL as email. You are responsible for **checking your Western email regularly**.

The teaching of this course incorporates active learning. Synchronous classes will run as a mixture of lecture, activities, and small- or large-group discussion. Students are encouraged to participate and share during class; it enhances the learning experience for themselves as well as for the class as a whole.

Some in-class activities and discussions are required assessments of this course and therefore attendance and participation for these is mandatory (see 'Evaluation' and 'Course Content' for more).

Assessments often consist of multiple parts. Students failing to complete any part of an assessment without appropriate academic accommodation (see below) will receive a mark of zero for that part. Students are expected to familiarize themselves with the assessments and their components from provided materials (i.e. course outline, OWL postings & announcements, lecture description etc).

Reminders about “netiquette”

Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- Keep in mind the different cultural and linguistic backgrounds of the students in the course.
- Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.
- Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment. Sending or posting offensive messages (i.e. “Flaming”) is never appropriate.
- Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

Copyright and Intellectual Property

Lecture videos & transcripts, slides, notes, readings, activities, quizzes, assignments and all other components of the course materials are the intellectual property of the instructor. Unauthorized reproduction through audio-recording, video-recording, photographing, sharing on social media, or posting on course-sharing websites is an infringement of copyright and is prohibited. **Such action may be considered a Code of Conduct violation and lead to sanctions.**

Evaluation

The due date for each of the following is the indicated day @ 11:55pm. Evaluation components are to be submitted through OWL. See course OWL site.

Component	Weight	Date/ Deadline	Learning Outcome	Brescia Competencies
-----------	--------	-------------------	---------------------	-------------------------

Eating Analysis Part 1: Food Record	5%	May 17	a & c	Communication, Critical thinking, Self-awareness & development
Eating Analysis Part 2: Mandatory synchronous in-class discussion	5%	Attendance required May 19. Submission due May 21	a & c	Communication, Critical thinking, Self-awareness & development, Social awareness & engagement, Valuing
Midterm	25%	May 31	a, b & c	Communication, Critical thinking, Social awareness & engagement, Valuing
Group Video Presentation Project (multiple parts with different due dates)			a & c	Communication, Critical thinking, Inquiry & analysis, Social awareness & engagement, Valuing
<ul style="list-style-type: none"> • Form a group & submit signed group contract • Topic choice • Annotated bibliography • Video presentation • Exam questions 	1% 1% 10% 18% 5%	May 21 May 26 June 4 June 11 June 16		
Final	30%	June Exam period	c & d	Communication, Critical thinking, Social awareness & engagement

Eating Analysis

In the first week of this course, we will be discussing healthy eating, food choice, and the meaning of food. To contribute to your understanding of these topics, you will conduct an analysis of the food you eat for 2 consecutive days. You will be required to record & briefly assess what you eat and conduct a brief appraisal of some potential influences on your eating.

The Eating Analysis will consist of 2 major components. Each component has its own due dates.

Eating Analysis Components:

- 1) Food Record: a typed chart following the format described in the assignment pages posted on OWL. **Due May 17** (5% of final grade)
- 2) Mandatory In-Class Discussion: a synchronous in-class discussion over Zoom sharing the diversity and commonality of influences on our eating on **May 19** with a typed group submission **Due May 21** (5% of final grade)

More details will be provided about this assignment on OWL.

Video Presentation Project

Students will work in groups of 3 to complete a video presentation research project on a chosen influence on eating. All group members are expected to contribute equally to this project and all group members will receive the same grade.

The video presentation project consists of 5 different components which together contribute 35% to your final grade. Each component has its own due dates and contributes a different amount to your final grade.

Video Presentation Project Components:

- 1) Form a group: choose the members of your group, complete and sign the group contract form posted on OWL. **Due May 21**. (1% of final grade)
- 2) Sign up for your topic chosen from the list of provided options. **Due May 26**. (1% of final grade)
- 3) Annotated bibliography – this includes a list of at least 3 references that you will be using in your presentation. You must include a brief summary of each reference and most importantly, highlight how the reference is important for your topic/presentation. At least 2 of the references must be journal articles. **Due June 4**. (10% of final grade)
- 4) Video presentation – groups will record a 5 – 10min presentation on their topic of choice for posting to the class on OWL. The goal of this presentation is to provide a short, academic summary of the chosen influence on eating. You will be expected to explain what the influence on eating is, include important/relevant details of the influence and how it can impact eating as well as provide illustrative examples. Each group member must present as part of the video presentation or they will receive a grade zero. You must also provide one journal article to serve as additional background reading for the class. **Due June 11**. (18% of final grade)
- 5) Exam questions – all student presentations will be testable material for the final exam. Each group will submit possible questions with answers for the exam including: 3 multiple choice questions and 1 short answer question. **Due June 16**. (5% of final grade)

Midterm & Final Exams

You will complete a midterm exam (worth 25% of your final grade) and a final exam (worth 30% of your final grade) through OWL Tests/Quizzes.

Each exam will be open for 12 hrs. You will have only one attempt at each exam. Each test will be a mixture of question types and may include multiple choice, true/false, fill in the blank, label the diagram and short answer/essay style questions. You will have between 1 – 2 hrs (TBD) to complete the exams.

Once you start the exam, your time begins and cannot be stopped. **I cannot restart the exams so make sure you have a strong wifi connection and are in an environment that you can take your exam from start to finish.** You should make sure you have adequately reviewed the material before attempting the exam; if you haven't studied in advance, it is unlikely you will be able to do well on the exam.

Exams must be completed individually. Exams will be evaluated for similarities in answers and any ***similarities will be investigated for violating academic integrity guidelines.***

Please note that grades **cannot** be adjusted on the basis of need. Your mark in the course will be the mark that you earn. Tests and exams cannot be re-written nor assignments resubmitted to obtain a higher mark. There are no supplemental or bonus assignments

Academic Accommodation

For course components worth 10% or more of the total course grade, documentation is required. Please see the Academic Policies and Regulations section at the end of this course outline or consult the Academic Calendar.

For course components worth less than 10% of the total course grade, documentation will also be required. Medical or other supporting documentation should be submitted to your Academic Advisor.

Course Content

Psychology is the study of human behaviour. This course explores the psychology of eating, that is, the many influences that affect human eating behaviour including biological, developmental, cognitive, social, cultural and individual influences. This is **NOT** a course all about disordered eating.

Topics will be covered in the order listed. **Synchronous class sections/topics are indicated.** The remainder of topics will be available asynchronously.

Date	Topic	Corresponding Reading	Assessments & Due dates
May 10	Healthy eating	Topic #1	

May 12	The meaning of food <i>SYNCHRONOUS</i>	Topic #2	
May 17	Appetite regulation	Topic #3	Food record due May 17
May 19	Video presentation description Mandatory in-class discussion <i>SYNCHRONOUS</i>		In-class discussion submission due May 21 Form a group & submit signed group contract May 21
May 24	Victoria Day Holiday – NO CLASS		
May 26	Cognitive development & basic learning processes <i>SYNCHRONOUS</i>	Topic #4	Topic choice for presentation due May 26
May 31	Midterm	Topics May 10 – May 24 inclusive	Midterm due May 31
June 2	Food reward <i>SYNCHRONOUS</i>	Topic #5	Annotated bibliography due June 4
June 7	Intro to social & cultural influences	Topic #6 & 7	Video presentation (including article for reading) due June 11
June 9	Disordered eating <i>SYNCHRONOUS</i>	Topic #8	
June 14	Student video presentations	Articles to be posted on OWL	
June 16	Student video presentations	Articles to be posted on OWL	Exam questions due June 16
June Exam Period (June 21-22)	Final Exam	Topics June 2 – June 16 inclusive	

Date TBA				
-------------	--	--	--	--

Topics will be covered in the order given above. It is best to read the assigned reading before class. In class, I will discuss those parts of the reading that I feel are the most important, most difficult, or the most interesting and may update and expand upon the topic. You are responsible for the entire reading, including sections that we do not cover specifically in class, unless otherwise stated on the course outline or during lecture.

2020-21 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding [Accommodation for Illness - Undergraduate Students](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12) can be found at http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12.

Students who have long-term or chronic medical conditions which may impede their ability to complete academic responsibilities should seek Academic Accommodation through Student Accessibility Services (http://www.westerncalendar.uwo.ca/PolicyPages.cfm?PolicyCategoryID=1&Command=showCategory&SelectedCalendar=Live&ArchiveID=#Page_10).

Personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

Students who experience an illness or extenuating circumstance sufficiently severe to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

1. Submitting a **Self-Reported Absence** form provided that the conditions for submission are met;
2. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;
3. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

Requests for Academic Consideration Using the Self-Reported Absence Portal

Students who experience an unexpected illness or injury or an extenuating circumstance of 48 hours or less that is sufficiently severe to render them unable to meet academic requirements should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours. Note that the excused absence includes all courses and academic requirements within the up to 48 hours, it is not intended to provide an excused absence from a single course while students fulfill their academic responsibilities in other courses during that time.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

1. Students will be allowed **a maximum of two self-reported absences** between September and April and one self-reported absence between May and August;
2. The duration of the absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
3. The excused absence will terminate prior to the end of the 48 hour period if the student undertakes significant academic responsibilities (writes a test, submits a paper) during that time;

4. Self-reported absences will **not** be allowed for scheduled final examinations; midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
5. Self-report absences may **not** be used for assessments worth more than 30% of any course;
6. Any absences in excess of 48 hours will require students to present a Student Medical Certificate (SMC), or appropriate documentation;
7. Students **must** communicate with their instructors **no later than 24 hours after the end of the period covered by the Self-Reported Absence form** to clarify how they will fulfil the academic expectations they may have missed during the absence.

Request for Academic Consideration for a Medical Absence

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation.

Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

The following conditions apply for students seeking academic accommodation on medical grounds:

1. Students must submit their Student Medical Certificate (SMC) along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. An SMC can be downloaded from http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf ;
2. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period;
3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements;
4. Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC to clarify how they will fulfil the academic expectations they may have missed during the absence;
5. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements, or granting late withdrawal without academic penalty.

The [full policy on requesting accommodation due to illness](#) can be viewed at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis.

Retroactive requests for academic accommodation on medical or compassionate grounds are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines; please refer to the [Registrar's website](#), <http://brescia.uwo.ca/academics/registrar-services/> or the list of official sessional dates in the Academic Calendar (<http://www.westerncalendar.uwo.ca/SessionalDates.cfm?SelectedCalendar=Live&ArchiveID=>).

You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Please note that for asynchronous online courses, attendance or participation requirements may be different than for synchronous or in-person courses.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work, and arrange academic accommodations if appropriate and warranted.

It is important to note that the Academic Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory (http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68).

4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence at: http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20.

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence.

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14.

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices.

6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from the Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

7. SUPPORT

Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/>. Students can access supports through Brescia's Student Life Centre (<http://brescia.uwo.ca/life/student-life/>) and Learning Skills Services at Western (<https://www.uwo.ca/sdc/learning/>)

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can obtain information about how to obtain help for yourself or others through **Mental Health & Wellness at Brescia** (<http://brescia.uwo.ca/life/mental-health-wellness/>) and **Health and Wellness at Western**, http://uwo.ca/health/mental_wellbeing/index.html.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.
