

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: FCS 170 Nutrition: Eating Disorders and Obesity

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS:

Appropriate language and computational skills.

ENTRANCE REQUIREMENTS

PREREQUISITE: None.

COREQUISITE: None.

RECOMMENDED PREPARATION: None.

SCOPE OF COURSE:

Review of etiology, incidence, socio-economic influences, pathogenesis, and treatments. Techniques studied include modification of diet, activity, and behavior. Of interest to those needing vocational information for work with anorexics, bulimics, and the obese.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. examine the problems of obesity;
2. recognize the symptoms of anorexia nervosa and bulimia and the methods of dealing with these illnesses;
3. recognize fallacious diets and the hazards of following fad diets;
4. calculate energy metabolism and use menus for set calorie requirements;
5. differentiate between positive energy balance as resulting in weight gain and negative energy balance as resulting in weight loss;
6. identify variations in body composition which may affect body weight;
7. plan nutritionally sound diets utilizing the American Dietetic Association Exchange Lists; and
8. list factors which make up the total amount of energy expended by a person.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Obesity
 - A. Physiological background
 - B. Genetics
 - C. Energy metabolism
 - D. Behavior modification techniques
 - E. Scientific methods of weight loss.
 - F. Fad diets
 - G. Economics of weight loss diets
- II. Anorexia nervosa
 - A. DSM III diagnostic criteria
 - B. Etiology
 - C. Drug treatment
 - D. Psychotherapeutic treatment
 - E. Risk factors
- III. Bulimia
 - A. DSM III diagnostic criteria
 - B. Etiology
 - C. Drug treatment
 - D. Psychotherapeutic treatment
 - E. Risk factors
- IV. Health Problems

REQUIRED READING:

Journal articles from:

Journal of the American Dietetic Association.

Journal of Nutrition Education.

Nutrition and the M.D.

Various current diet books will be analyzed.

SUGGESTED READING:

None.

REQUIRED WRITING:

Analysis of an assigned diet. Student will complete a typewritten or word processed 4-6 page report which will include a computer analysis of the diet, good and bad points of the diet and a recommendation for possible use or avoidance of the diet. This project will be presented in class.

Two examinations are given during the semester which include essay questions of at least two paragraphs in length.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short term classes.

Students will learn to use several computer programs which do diet analysis and complete these analyses of selected fad diets. Students will plan diets based on recommended amounts of carbohydrates, proteins, and fats utilizing the American Dietetic Association Exchange Lists. Each student will complete two diets outside of class.

INSTRUCTIONAL METHODOLOGY:

Lecture. Group discussions and cooperative learning techniques will also be utilized. There will be extensive computer use.

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 40% exams
- 40% projects
- 20% class presentation

All grades are determined by utilizing a modified statistical curve.

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: _____

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON : Nancy Galli, ext; 2352

SIGNATURES ON FILE:
