



## HFST 1260

**Division:** Social and Behavioral Science

**Department:** Home and Family Studies

**Course:** HFST 1260

**Title:** Weight Control and Eating Behaviors

**Catalog Description:**

This class provides students with information and experience to evaluate positive and negative behaviors and beliefs regarding food, eating, weight, and body image. Principles of good nutrition and eating habits are especially applied to problems of weight control, eating disorders and body image. It provides introductory level information to majors as well as help to those interested in the subject matter.

**General Education Requirements:** N/A

**Semesters Offered:** Fall, Spring

**Credit/Time Requirement:** Credit: 2; Lecture: 2; Lab: 0

**Offered for Non-Credit:** No

**Prerequisites:** N/A

**Corequisites:** N/A

**Justification:**

This course is designed to provide a sound understanding of eating disorders, obesity and body image. It provides introductory level information to majors as well as help to those affected. This course is recommended for Family & Consumer Science and Nutrition majors. This course is also open as an elective to other interested students. Students with a specific need or interest relating to eating disorders are referred to the course through the counseling office.

**Student Learning Outcomes:**

Students will understand the impact of positive and negative body image and strategies to change negative image.

Students will know types of eating disorders, as well as biological, social and genetic influences, and medical dangers.

Students will understand the belief-feeling-behavior pedagogy as it relates to eating disorders, obesity, and body image perspectives.

**Content:**

## I. Rules of Normal Eating

- Rules of Change
- Connecting Beliefs, Feelings and Behaviors
- Rational vs. Irrational Beliefs

## II. Disordered Eating

- Definitions and Influential Factors of Anorexia, Bulimia, and Binge Eating Disorder
- Underlying Issues, Triggers, Irrational Behavior Reaction
- Medical Dangers of Eating Disorders, Treatment Approaches
- Obesity

## III. Nutritional Needs

- Emotional Eating
- Daunting Eating Situations

## IV. Self-Care

- Self-Esteem Across the Lifespan
- Body Image
- Body Image History
- Body Acceptance
- Learning to Love Your Body
- What a Body is For
- Reflections on Learning

### **General Education Outcomes:**

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Students will recognize and understand personal lifestyle choices regarding food and eating, body image, nutrition, physical activity and development of an overall attitude of physical and emotional well-being as it pertains to weight management and eating behaviors. Students will receive regular feedback through classroom discussions and various forms of assessment.

### **Key Performance Indicators:**

Percentages are approximate:

Formative Assessments:

- Eating Behavior Journal (20%)
- Comprehension Assignments (24%)

Summative Assessments:

- Nutrition Assessment (5%)
- Feeling Full/Fullness Evaluation (5%)
- Body Image Evaluation (5%)
- History of Body Image (5%)
- Midterm Exam (19%)
- Final Exam (19%)

**Representative Text and/or Supplies:**

The Rules of Normal Eating by Karen R. Koenig (current edition)

**Optimum Class Size:** 20

**Maximum Class Size:** 40

**Signatures:**

I hereby submit this course syllabus:

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Katie Justesen, MFHD, Adjunct Professor

I hereby find this course consistent with the goals and resources of the Home and Family Studies Department:

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Kim Cragun, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)