Rutgers University

Psychology of Eating Goes Abroad

50:830:434

Course Syllabus

**Spring 2020**

Instructor: Dr. Charlotte N. MarkeyLecture: Tues 2pm

e-mail: chmarkey@camden.rutgers.edu Classroom: ARM 219

Office Phone: 856.225.6332 Office hours: Tues 2:30-4

Office: 318 Armitage and by appt.

**Course Description and Objectives:**

Welcome to the Psychology of Eating!

This course focuses on understanding the psychological processes underlying humans’ development of eating behaviors and the adoption of both healthy and maladaptive cognitions and behaviors concerning food, eating, and our bodies. Issues to be addressed include: eating and health, food choice, the development of food preferences, motivation to eat, cultural influences on eating patterns, weight-regulation, body image, dieting behaviors, weight status, eating disorders, and treatment of unhealthy and clinical eating problems. The psychology of eating will be emphasized, and psychological problems associated with eating will be highlighted. This class will be taught as a seminar, with a focus on the context of eating. The class will end with a trip to Spain and France where we will apply our newfound knowledge of the psychology of eating to cultures that emphasize food as central to daily life.

The learning objectives of this course are consistent with the goals of the department. Course activities are designed to assess these learning objectives. Upon successful completion of this course, you should be able to:

* Identify key theories, concepts, and methods in the study of the psychology of eating.
* Critically analyze research in the field and distinguish it from popular (i.e., not empirically based) information about eating, weight management, body image, and disordered eating.
* Effectively communicate ideas related to the psychology of eating (orally and in writing).
* Understand the importance of contextual and cultural factors in determining eating behaviors.
* Increase personal awareness of your own eating-related attitudes and behaviors.

**Course Readings:**

Please read all assigned readings before they are covered in class.

1. REQUIRED and RECCOMMENDED: Articles and book chapters will be available on the course Sakai web page – consult the course reading list to determine when they should be read. Each week there is a primary topic we will discuss. There is a corresponding folder of articles about the topic on Sakai (under resources). Not all of the articles available are *required.*
2. REQUIRED: You may be asked to purchase or check-out a library book about dieting, depending on the presentation you choose to do (see below).

**General Course Requirements:**

**1) Attendance and Class Participation:** Class attendance and participation is expected and particularly important because we will meet only 12 times as a class (see dates on class schedule); during these meetings we will cover research and theory related to the psychology of eating and we will prepare for the class trip abroad. Because this class is a seminar (i.e., I will not usually be lecturing, rather we will all discuss the relevant topics), much of the learning that will take place this semester will be *in the classroom*. I will keep track of attendance via the worksheets and class exercises you complete. If you are not in class, there is no way to complete these assignments; make-ups will not be available. Thus, this component of your grade will be based on the following criteria: (1) Did you attend class? (2) Did you contribute to the intellectual climate in class (by listening to the professor and your classmates and participating in discussions and exercises)? and (3) Did you come to class prepared for assignments described on the class schedule (below)?

**2) Weekly Quizzes:** You will be evaluated on your reading of course materials and class attendance by completing quizzes each week in class. You will be allowed to miss one quiz, but you will not get extra credit for completing all 10. No excuses for missing a quiz will be accepted given that you are allowed to miss 1 quiz (i.e., you must successfully complete 9 quizzes). Quizzes are intended to help keep you from falling behind with the class reading and provide credit for classroom learning.

**3) Reading Reflections and Questions:** Because each class will involve a discussion of the assigned readings, it is important that we all come to class prepared. In order to facilitate this preparation, you will be expected to turn in “evidence” that you have completed the readings in the form of reading reflections and notes (reflections should be approximately2 pages long – not longer than 4 pages). Your reflections should focus on the themes indicated in the syllabus course schedule (and noted on Sakai) and should make it clear (using citations/page numbers) that you completed the readings for the week. As you read through the assignments, make note of questions you have that might be interesting for us to discuss as a class (you do not need to have the answers to these questions, rather think of issues that are provocative and important for us to discuss; these should NOT be yes/no questions or questions with answers easily identified in the readings). Please include **2** questions pertaining to the readings as a part of your reflections. These reflections, notes, and questions are due on Tuesdays prior to class via the Sakai course web page. You are expected to submit **5** sets of reflections/ notes/ questions via Sakai.

**4) Food Diary – In the U.S.:** In the first weeks of this course, we will be discussing food choice, eating, health, and nutrition, and food preferences. To contribute to your understanding of these topics, you will complete a “Food Diary.” This diary should be a complete record of everything you eat for 2 consecutive days (1 of these days should be a weekend day – Fri, Sat, or Sun, if possible). Please type your diary before turning it in and include a brief (2-3 page max) reflection on your eating behaviors during these days. Some questions you may want to address in this reflection include: Based on the course readings and our class discussions, what is your appraisal of your eating behaviors? Did recording your eating behaviors influence what you ate? Did you eat more or less than you expected to? Are your eating habits sustainable? Conducive to long-term health? We will spend time discussing this assignment on the day that it is due in class; please submit via Sakai assignments page.

**Food Diary – Abroad.:**  While we are abroad, you will repeat the above assignment. Keep a food diary for 3 days and then reflect on what you ate. In this second food diary, you should also compare your eating behaviors in the U.S. versus Spain/France. You should consider addressing the following questions in this second reflection: How do the different food contexts affect what you chose to eat? How does eating most meals out alter your eating behaviors? How does the sense of being “on vacation” affect your eating behaviors. Do you prefer the food in the U.S. or abroad? This assignment is due upon returning from Europe and should be uploaded on Sakai by June 4. (Graduating seniors should confer with the instructor about this to ensure that their graduation is not delayed.)

**5) Presentations:**

*You have the option of completing one of the below presentations. Students will sign up for one of the two presentations in advance to ensure that we have enough class time for the presentations to take place.*

**Diet Book Presentation:** We will spend most of one class discussing weight-management and dieting behaviors. There are many popular books (*The Keto Diet, The Carnivore Diet, The Plant Based Diet, The Obesity Code, etc.*) designed to help individuals achieve their weight-loss and weight-management goals. I would like each student in the class who signs up to do this presentation (we will limit it to ~10 students due to time constraints) to bring in a different one of these books to share with the class (we will coordinate who will bring in what during class). You will be responsible for bringing the book to class and reading at least the introductory chapter to the book so that you can describe for the class the main gist of the book. A worksheet and additional instruction will be provided to help you complete this assignment. This presentation is intended to be brief and informal (you will NOT stand in front of the class but will remain seated; no slides, etc.).

**Media Presentation:** A second presentation option in this class is a critique of eating-related messages in the media; we will complete these presentations *throughout the class* starting with our second class meeting. Additional information about this assignment is in a separate hand out. Generally, you will be expected to collect 1 media message (e.g., YouTube clip, advertisement, T.V. commercials, etc.) about food, eating, body image, obesity, eating disorders, or whatever topic is being discussed in the class that you are signed up to present during. You will also prepare to lead some discussion and critique of these messages. You will be expected to use information from our course to help you relay whether or not these media messages are positive/ harmful/ helpful to people’s attempts to be healthy. This presentation is intended to be brief and informal (you will NOT stand in front of the class but will remain seated, no slides, etc.).

**6) Trip Abroad:** At the end of this course, you will venture with your instructor and classmates for an adventure abroad in Spain and France! We will leave from Newark Airport on May 22nd and visit Barcelona first. We will leave from Paris to return to the U.S. on May 30th. While you are abroad, you will be expected to participate in tours and activities with the class each day. (You will also have “free time” on most days.) You will be expected to complete activities (e.g., worksheets), a cooking class, other tourist activities, and course discussions in a cooperative manner in order to receive full credit for this portion of your grade (15%).

***NOTE:*** *If you have a history of disordered eating or concerns about your own eating behaviors or weight, please notify the instructor. If you believe that any of the readings or assignments required for this course may adversely affect your own efforts to maintain psychological and/or physical health, please notify the instructor and alternatives can be considered.*

**Grading:**

Grades will be computed as follows:

Attendance and participation 20%

Reading reflections 25%

Quizzes 20%

Food diary (part 1) 5%

Food diary (part 2; Abroad) 5%

Presentation (diet book or media) 10%

Experiences Abroad\*\* 15%

# \*\*Because the trip abroad will be completed after the grading period, students in this course will be assigned a grade of IN (incomplete) until they have completed the trip abroad. These IN grades will be swiftly changed to letter grades upon returning to the U.S. If you are a senior and you are graduating, I will work with you and the registrar to expedite paperwork necessary for graduation.

**General Course Policies:**

1. This class will be most rewarding for you if you are an active participant in class and view this experience as a collaborative enterprise. To this end, throughout the semester you are encouraged to communicate with your professor (during class and during office hours) and are expected to keep up with all readings and assignments.
2. Additional information about this class, and a copy of the syllabus is available on the instructor’s web page (http://www.CharlotteMarkey.com) and the course Sakai web page (sakai.rutgers.edu). Being unaware of course requirements and expectations is not an excuse for failing to complete any of the assignments in this course.
3. If you are in class, you will be expected to be attentive, participate, stay the entire class time, and be prepared for any activities and exams scheduled for that day. You will be asked to leave class if you do any of the following:

~Talk on your cell phone (turn phones off!)

~Text on your cell phone

~Open your lap top computer or tablet

~Pass notes to classmates

~Sleep

You attendance in this course is voluntary. If you do not wish to be in class or prefer to do any of these activities instead of being in class, then you should leave.

1. If you miss a class, you are expected to obtain class notes from a classmate and to stay on top of any of the activities/ discussions missed. It is your responsibility to become informed of any announcements made in class. Further, while class exercises/reflections/assignments will not be accepted late, it will increase your understanding of class material (and help you to prepare for exams) if you complete them.
2. ***Power point slides presented in class*** ***will not be available*** except in class (i.e., these will NOT be posted on the web). If you miss class, you should obtain notes from a classmate and read the assigned readings. Power point slides are intended to organize our class but are not a replacement for class attendance.
3. Academic dishonesty will NOT be tolerated. Academic dishonesty includes (but is not

limited to) cheating on exams and plagiarism. Students caught participate in academic dishonesty will receive a score of zero on the relevant assignment. In addition, instances of academic dishonesty will be referred to the Scholastic Conduct Committee. Sanctions for academic dishonesty range from failing an assignment to failing a course or expulsion from the University. For additional information about Rutgers’ policies concerning academic integrity refer to: http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers/.

1. For disability accommodations, please call the Disability Services Coordinator Erin Leuthold, Rutgers-Camden Learning Center, (856) 225-6442 or Taryn Cooper tc738@camden.rutgers.edu. Additional information can be found here: <https://learn.camden.rutgers.edu/disability-services>. Students who require special accommodations should also contact the instructor within the first few days of class.

**Psychology of Eating**

**GOES ABROAD**

**(Spain and France)**

**Spring, 2020**

**Instructor: Dr. Charlotte Markey**

[**chmarkey@camden.rutgers.edu**](mailto:chmarkey@camden.rutgers.edu)

Trip to Spain and France May 22-30

*Note: Some reading selections may be updated as the course progresses. Information about any changes in reading assignments will be made in class and via Sakai. See separate reading list for information about readings that correspond with each topic.*

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| **DATE** | **TOPIC** | **ASSIGNMENTS and REFLECTIONS** |
| Meeting 1  Th, Jan 23 | **Introduction to the Psychology of Eating,**  **the class, and studying abroad** |  |
| Meeting 2  Th, Jan 30 | **Eating, Health and Nutrition** | *Reflection 1: Do you believe that you have positive eating habits; why or why not? Do you think it matters whether or not you eat certain foods? How could you change your eating habits to benefit your health?* |
| Meeting 3  Th, Feb 6 | **Food Choice** | *Reflection 2: What determines your choices about what you eat? How are biological, cognitive, and developmental models of food choice relevant to the choices you make?* |
| Meeting 4  Th, Feb 13 | **The Meaning of Food** | ***Food Diaries Due Today*** *(submit via Sakai)* |
| Meeting 5  Th, Feb 20 | **Body Image** | *Reflection 3: Be honest with yourself; what do you think of people who are overweight? Where do these thoughts come from? What do you think of people who are underweight? Where do these thoughts come from?* |
| Meeting 6  Th, March 5 | **The Meaning of Size (and Shape)** | *Reflection 4: What would happen if men, women, boys and girls were suddenly satisfied with their bodies, no matter what size they were?* |
| Meeting 7  Th, March 12 | **Dieting** | *We’ll focus on examination of popular diet books and what they do and don’t add to our understanding of healthy weight management* |

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| Meeting 8  Th, March 26 | **Elevated Weight** | *Reflection 5: What is the main contributor to increases in weight status in recent decades? Is there a difference between what most people view as the contributors to weight status and what scientists know about the contributors to weight?* |
| Meeting 9  Th, April 2 | **Is Weight Loss Possible? (revisited, aka “Obesity Treatment”)** | *Reflection 6: After taking this class, what “treatment approach” would you recommend to a friend who wanted to lose weight?* |

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| Meeting 10  Th, April 9 | **Eating Disorders** | *Reflection 7: Do you know someone who has or had an eating disorder? What factors do you think contributed to the development of this disorder?* |
| Meeting 11  Th, April 16 | ***Final Presentations*** | *Reflection 8: What have you learned this semester? What are the public health policy implications of the topics we’ve discussed?* |
| Meeting 12  Th, April 23 | ***Wrap-up Class*** | Class summary, questions, final comments  Prepare for trip abroad!! |