

Classroom Protocol:

Appropriate classroom behavior is implicit in the Cedar Crest Honor Code. Such behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behavior that might disrupt instruction and/or compromise students' access to their Cedar Crest College education.

Additionally:

- During class, all cell phones and other forms of mobile communication must be turned off or set to vibrate and should be put away except in case of emergency.
- No guests are permitted in class unless prior arrangements are made with the instructor.

Honor Code:

The Cedar Crest Honor Code will prevail at all times. Please verify on each test and assignment that the work done is your own with your SIGNATURE. You are not to consult with ANY OTHER STUDENTS when you are given take-home tests, projects or assignments. PLAGIARISM or any other academic dishonesty will result in no credit for the assignment on which you plagiarized or cheated. In addition, such an act may result in failing the entire course. All acts of academic dishonesty will be reported to the Provosts office. Please refer to your customs book for a complete explanation of the Cedar Crest Honor Code.

Work expected of the student:

1. Students are expected to have read and reviewed all assigned material and completed assigned quizzes and other coursework prior to class.
2. Students are expected to actively participate in class activities and discussions.
3. All completed written assignments must be submitted via the course electronic dropbox.
4. Class attendance is expected. Absences and lateness will affect your grade. If you miss a class, an e-mail is expected, and you are responsible for all work missed on that day.
5. Assignments are due on the date indicated. NO EXCEPTIONS!

Assignments:

Quizzes: Prior to weeks 2 – 7 of the course, you are responsible for completing a short, multiple-choice quiz covering the material reviewed during the previous week’s lecture. The lowest score of these 6 quizzes will be dropped. The quizzes will be taken online at <http://www.cedarcrestonline.net>. The quizzes are considered open-note, but must still be completed by each student *individually*.

Film/Reading Responses: Prior to weeks 2 – 7 of the course, discussion questions will be assigned in order to enhance understanding of the material presented in the films and reading. Responses to the questions must be submitted via the dropbox at <http://www.cedarcrestonline.net>. These responses should be used to facilitate class discussion; you may want to bring a printed copy to class.

In-Class Participation: Active participation during class, including completion of class activities and participation in class discussions, is a requirement for this course.

Fad Diet Review: Each student will choose one “fad diet” to research and explain to classmates during a 3-4-minute in-class presentation. This short presentation is meant to give other students a basic overview of what the diet entails, as well as the presenter’s critical evaluation of the diet. Please see the rubric for specific grading criteria.

Final: The exam will consist primarily of open-ended questions, and will be graded based on students’ thoughtfulness regarding their responses, and their ability to support their reasoning/argument. The exam is open-note, but the work must be completed *individually* by each student. The exam is due on 10/14, and must be turned in via the dropbox at <http://www.cedarcrestonline.net>.

Course Grade:

Quizzes: 5 x 10 =	50
In-Class Activities / Participation =	70
Film / Reading Responses: 6 x 10 =	60
Fad Diet Review =	20
Final =	<u>50</u>
TOTAL =	250

How to Access Films

Use this URL to access the following three programs:

<http://www.pbs.org/saf/index.html> - click on search, type in title and click “watch on line”

1. Scientific American Frontiers – Losing It
2. Scientific American Frontiers – Surgical Slimmers; view the film and read Anti Fat Pharmaceuticals
3. Scientific American Frontiers - Fat and Happy?
4. Slim Hopes – accessed directly through NTR 115 link on <http://www.cedarcrestonline.net/>
5. Dying to be Thin - Nova Online – at the following URL <http://www.pbs.org/wgbh/nova/thin/> - click on “watch the program”
6. Recovering Bodies - accessed directly through NTR 115 link on <http://www.cedarcrestonline.net/>

Date	Topics	Assignments Due BEFORE Class
8/26	Course Overview / Assignments Dietary Guidelines/MyPyramid Energy Needs / Adequate Intake Portion Distortion	
9/2	Fad Diet Reviews Discussion: <i>Losing It</i> Dieting – Does it Work? Weight Loss Myths Behavioral Weight Management Strategies	Take Quiz 1 View <u>Losing It</u> <ul style="list-style-type: none"> • http://win.niddk.nih.gov/publications/for_life.htm • http://win.niddk.nih.gov/publications/active.htm • http://win.niddk.nih.gov/publications/choosing.htm • http://win.niddk.nih.gov/publications/myths.htm Submit Film / Reading Response 1
9/9	Fad Diet Reviews Discussion: <i>Surgical Slimmers</i> Obesity: Is it an Eating Disorder? Causes, Complications, Treatment Options	Take Quiz 2 View <u>Surgical Slimmers</u> Read Anti Fat Pharmaceuticals on same webpage <ul style="list-style-type: none"> • http://win.niddk.nih.gov/statistics/index.htm • http://win.niddk.nih.gov/publications/understanding.htm • http://win.niddk.nih.gov/publications/gastric.htm Submit Film / Reading Response 2
9/16	Fad Diet Reviews Discussion: <i>Slim Hopes</i> Eating Behaviors Continuum Who Gets Eating Disorders? Warning Signs	Take Quiz 3 View <u>Slim Hopes</u> <ul style="list-style-type: none"> • http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=41144 • http://www.something-fishy.org/isf/misconceptions.php • http://www.something-fishy.org/thischild.php • http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=41154 • http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=95595 • http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=96653 • http://www.nationaleatingdisorders.org/uploads/file/toolkits/NE DA-TKP-A03-SignsSymptomsBehaviors.pdf Submit Film / Reading Response 3

9/23	Fad Diet Reviews Discussion: <i>Dying to Be Thin</i> Eating Disorders: Definitions, Diagnosis, Complications, Treatment	Take Quiz 4 View <u>Dying to Be Thin</u> • http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=41142 • http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=41141 • http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=41140 • http://www.something-fishy.org/whatarethey/ednos.php • http://www.something-fishy.org/whatarethey/exercise.php • http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=41139 Submit Film / Reading Response 4
9/30	Fad Diet Reviews Discussion: <i>Recovering Bodies</i> Eating Disorders Recovery Process If You're Concerned About a Friend	Take Quiz 5 View <u>Recovering Bodies</u> • http://www.nationaleatingdisorders.org/uploads/file/toolkits/NE-DA-TKP-A05-StartADiscussion.pdf • http://www.something-fishy.org/helping/whatyoucando.php • http://www.something-fishy.org/helping/yourapproach.php Submit Film / Reading Response 5
10/7	Fad Diet Reviews Discussion: <i>Fat and Happy?</i> Strategies for Prevention of Eating Disorders and Obesity	Take Quiz 6 View <u>Fat and Happy?</u> • http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=41170 • http://www.nationaleatingdisorders.org/uploads/file/10%20Things%20Parents%20Can%20Do%20to%20Prevent%20EDs.pdf Submit Film / Reading Response 6
** 10/14		Final is Due – Submit via dropbox on eCollege website.

Please Note: This schedule is subject to change per the discretion of the instructor.