

Framingham State College
Division of Graduate and Continuing Education
Course Syllabus

- **Course Information**
Course Title: Managing Eating Disorders in School
Instructors: Vanessa Cavallaro/Kendrin Sonnevile

- **Course Description**
This course will provide an overview of eating disorders for teachers, school nurses, school psychologists, and other school professionals. This course will cover signs, symptoms, and risk factors of classic eating disorders such as Anorexia Nervosa and Bulimia Nervosa, differentiating eating disorders and disordered eating. This course will discuss school intervention and will cover the management of students, with special emphasis on student athletes, with eating disorders.

- **Course Objectives**
 1. Students will learn risk factors, signs/symptoms, complications, and other key information about eating disorders including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Eating Disorders, Not Otherwise Specified.
 2. Students will learn the difference between disordered eating behaviors and diagnosable eating disorders.
 3. Students will learn detailed information about eating disorders in specific populations, including athletes and males.
 4. Students will gain a general understanding of eating disorder treatment options and protocols.
 5. Students will understand the roles of school personnel (including the school nurse, counselors, teachers, and coaches) in monitoring and managing students with eating disorders

- **Course Expectations**
Students are expected to finish weekly readings and participate in weekly discussion boards on topics that relate to those readings. Homework assignments will be due at the end of each week.

- **Course Content/Outline**
Week 1:
 - Overview of eating disorders
 - Risk Factors
 - Sign/Symptoms
 - Complications
 - Statistics

Week 2:

Treatment overview
Disordered eating behaviors versus eating disorders
Eating disorders in males
Eating disorders in athletes/Female Athlete Triad

Week 3:

Roles and responsibilities of the school nurse and educators
Communication with providers, parents, other teachers, and students

Week 4:

Treatment overview
Crisis intervention
Enforcing/supporting treatment expectations
School re-entry
Other considerations

- Course Texts and Materials

There are no required text books for this course. Weekly readings will be available via the Internet or for download.

- Course Requirements

There are four homework assignments in this course.

- Homework 1: Complete a grid that includes key information (risks factors, signs, complications) of each type of eating disorder that can be used as a reference sheet for later assignments. **Due 10/2/06**
- Homework 2: Create a presentation for parents and/or school personnel. The presentation should provide an overview of eating disorders including the role of parents and the role of the school in eating disorder management. **Due 10/9/06**
- Homework 3: Answer questions about eating disorder management for two case studies. **Due 10/16/06**
- Homework 4: Draft an answer you provide to a student who is concerned about a friend who she believes has an eating disorder and create a packet of materials you would provide this student. **Due 10/20/06**

- Grading Criteria

Requirement	Points	Percentage
Discussion Board	5 points * 4 weeks	20%
Homework 1	20 points	20%
Homework 2	20 points	20%
Homework 3	20 points	20%
Homework 4	20 points	20%