

Framingham State University
Division of Graduate and Continuing Education
Course Syllabus PRDV 73019 Preventing Eating Disorders in Schools

Course Information

Course Title: PRDV 73019 Preventing Eating Disorders in Schools

Instructor: Vanessa Cavallaro MS, RD, LDN

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Vanessa will be available by phone and e-mail to assist students, and will respond to all e-mails within 24 hours.

Course Credit

1 graduate credit

Course Description

An overview of how to prevent eating disorders in schools. Topics include: background and statistics on the four (4) diagnosable eating disorders; disordered eating signs and symptoms; the role schools can play in the prevention of eating disorders. Resources and curricula that support healthy body image and media literacy are presented along with other creative ways school staff can incorporate awareness and prevention of eating disorders in schools. The course is intended for teachers, school nurses, school psychologists, and other school professionals.

Course Objectives

- Students will be able to identify and define the four (4) diagnosable eating disorders and disordered eating,
- Students will be able to identify eating disordered and disordered eating risk factors, signs and symptoms, complications, and other key information about eating disorders.
- Students will be able to identify different types of eating disorder prevention and why schools are an important place for health prevention programs.
- Students will be able to implement strategies and programming to prevent eating disorders in schools including classroom curricula and media literacy.
- Students will be able to define the roles of school personnel (including the school nurse, counselors, teachers, and coaches) in eating disorder prevention.

Course Expectations

Students will need computer access to log into FSU Blackboard (BB) to participate in this course. This is an online course and is not self-paced. Students are expected to work online each week to complete readings, assignments, and discussions according to the course deadlines. Please refer to the 'Course Documents' folder for specific due dates.

Active, consistent and regular participation and constructive peer-to-peer feedback are essential for a positive course experience. In addition, it helps course efficiency and effectiveness.

Course Content/Outline

Week 1: Overview of Eating Disorders, Disordered Eating and Prevention

- Eating Disorders Review: definitions, signs and symptoms, complications

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- Definition of normal eating
- Review of the biological, behavioral, and social eating disorder risk factors
- Prevention Review: primary, secondary and tertiary

Week 2: The School Environment and Eating Disorder Prevention

- The socio-ecological model and prevention: how this is relevant to you
- Myths about food, weight and body image
- Roles and responsibilities of the school nurse and educators in preventing eating disorders

Week 3: Media literacy

- What is media literacy?
- Key principles and skills and resources
- Integrating media literacy skills into classroom activities

Week 4: Eating Disorder Prevention in Your School

- School policies and food
- Tools and resources including evidence based curricula and peer-leadership programs
- Obesity prevention and eating disorder prevention, are they symbiotic or mutually exclusive?

Course Texts and Materials

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

Grading

Class participation (assessed through weekly discussion board participation) is worth 40% of the final grade. The 3 homework assignments make up the remaining 60% (each worth 20%).

Requirement	Points	Percentage
Discussion Board	10 points * 4 weeks = 40 points	20%
Assignment 1	20 points	20%
Assignment 2	20 points	20%
Assignment 3	20 points	20%

Academic Honesty Policy:

Please refer to the FSU student handbook for the Academic Honesty policy posted for 2013-2014. All students are expected to generate materials and thoughts that are their own.