



OBESITY AND EATING DISORDERS (CLN-434) 1437-1438H

A- COURSE INFORMATION:

Course Code	Course Title	Credit Units			Study Level	Pre-requisites
		Total	Theory	Practical		
CLN-434	Obesity and Eating Disorders	2	2	0	8 th	-
Course Coordinator		Extension		Email Address		
Dr. Heba Salim		8680		hssahmed@taibahu.edu.sa		

B- COURSE DESCRIPTION:

In depth understanding of the underlying factors causing obesity and providing complete management plan including dietary, exercise, behavioral and other lines of treatment will be carried out.

C- COURSE OBJECTIVES:

1. Identify epidemiology, risk factors and clinical manifestations, physical and mental health consequences of body image problems, eating disorders, and obesity.
2. Explain the different methods of assessment and management of eating disorders and obesity.
3. Discuss Exercise, behavioral, pharmacological and surgical treatments of obesity.
4. Mention Medical complications of obesity; Explain The metabolic syndrome;
5. List techniques for the Assessment of psychological, medical and nutritional status in children and adolescents with obesity and ED
6. Describe in order Etiology, risk factors and protective factors for the development of eating disorders (ED) & discuss methods of Primary prevention of ED
7. Explain Body Image, Eating Disorders (ED) And Obesity.

D- THEORY TOPICS:

Week	Theory Topic	Hours
1	Introduction of eating disorders (ED), classification of ED (anorexia nervosa and bulimia nervosa), and obesity (pathophysiology of obesity - energy intake)	1
2	Central and peripheral physiologic determinants of eating disorders and Obesity	2
3	Etiology, risk factors and protective factors for the development of eating disorders ED	2
4	Assessment and Diagnosis of eating disorders in adults	2
5	Assessment of psychological, medical and nutritional status in children and adolescents with eating disorders	2
6	Treatment (medical – nutritional – psychological, family therapy, hospital treatment and follow up) of eating disorders	3



7	Epidemiology, etiology and consequences of obesity	2
8	Clinical assessment and Diagnosis of obese patients	2
9	Clinical guidelines in adults	2
10	Childhood and adolescent obesity management	2
11	Medical aspects of obesity; The metabolic syndrome; Dietary treatments of obesity	2
12	Exercise, behavioral, pharmacological and surgical treatment of obesity	2
13	Pregnancy weight gain management	2
14	Health economics of obesity and weight loss; Public health approach to prevention of obesity; Public policies regarding obesity epidemics and popular press	2
15	Final project & Presentations	2

F- ASSESSMENT TASKS:

#	Type of assessment task	Week	Total Grades
1	Exam 1	Week 5	10%
2	Mid term	Week 9	20%
3	Exam 2	Week 11	15%
4	Project	Week 10	10%
5	Oral Presentation	Week 15	5%
6	Final theory	Week 16	40%

G- LEARNING RESOURCES:

1- Required textbook:

1 .J. Kevin Thompson and Linda Smolak (2008): Body Image, Eating Disorders, and Obesity in Youth: Assessment, Prevention, and Treatment. 2nd ed, Publisher: American Psychological Association. ISBN-10: 1433804050; ISBN-13: 978-1433804052

2. Julia Buckroyd and Sharon Rother (2008): Psychological Responses to Eating Disorders and Obesity. Publisher: Wiley-Inter-science; 1st ed, ISBN-10: 0470061642; ISBN-13: 978-0470061640

2- Essential references:

Dunford M. Sports Nutrition, A Practice Manual for Professionals, Academy of Nutrition and Dietetics 5th Ed. 2012

Lanham-New S A.. Macdonald I A. , Roche HM. (2010) Nutrition and Metabolism Wiley-Blackwell; 2 edition UK

Notes:



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- Assignments topics and requirements shall be announced by the end of Week-1, the deadline for submission is 12pm Thursday of Week-10 (each semester).
 - Assignments and written assessment tasks must be verified against plagiarism, the maximum acceptable percentage is determined by the department (according to each level).
 - Continuous assessments may include quizzes, internet searches, home-works, exercises, class activity, scratch cards, presentations, group work, etc.
 - Practical exams may contain hands-on experiments, laboratory work, simulations, or demonstrations.
 - Written exams will include multiple-choice questions (MCQ), short essay questions, and long essay questions.