

UNIVERSITY OF FLORIDA
COLLEGE OF MEDICINE SYLLABUS
NEUROSCIENCE

GMS7795/PSY6826 Psychology of Eating and Obesity (3 credits)

Semester: Fall/Spring
Delivery Format: Online

Instructor Name: Neil E. Rowland, PhD

Room Number: N/A

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Email Address: nrowland@ufl.edu

Office Hours: Zoom Online Meetings by student request

Graduate Assistant: N/A

Preferred Course Communications: Email through Canvas or directly to nrowland@ufl.edu

Prerequisites: None

Purpose and Outcome:

In this course we will examine the basic principles underlying eating behavior and its relationship to obesity. At the end of this course you will -

- Understand the foundations of the constituents of food, and of energy flow through organisms
- Understand the relevant biology of eating, including gastrointestinal and brain structures and related signals
- Appreciate the biosocial context in which these physiological principles operate to produce behavior
- Appreciate the problems associated with food, including obesity, at individual, national, and global levels

Course Overview:

This course covers the basic principles underlying eating behavior and their relationship to obesity.

Relation to Program Outcomes:

This course is the foundational Neuroscience course for both the online Biomedical Neuroscience Graduate Certificate and Master's programs. Post-baccalaureate students, MSc and PhD graduate students, and working professionals who are interested in improving their understanding of how biological clocks impact normal and diseased brain function are also encouraged to enroll in this course. Interested advanced undergraduate students may inquire about registration.

Course Objectives and/or Goals:

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- Understand the relevant biology of eating, including gastrointestinal and brain structures and related signals
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- Appreciate the problems associated with food, including obesity, at individual, national, and global levels

Instructional Methods:

- Lectures are presented asynchronously using Voice Thread. Each slide is accompanied by audio and text provided by the instructor.
- Reading assignments taken from the required textbook
- Additional learning materials include videos (e.g., YouTube) or scientific articles selected from peer reviewed journals
- Self-check quizzes worth a few points that ensures you have reviewed and understood the material presented in the units.
- A "Food for Thought" assignment associated with each module which consists of submission of a short written paper on a topic relevant to the module and an assigned peer review of a student's paper.

Course Materials and Technology:

REQUIRED TEXTBOOK

Psychology of Eating (2nd ed) by Splane, Rowland & Mitra (Routledge, 2019).

REQUIRED TECHNOLOGY

- **Laptop or desktop computer equipped with microphone and video camera.** The microphone and video camera can be used to post comments/questions to VoiceThread lectures and will be used to create the VoiceThread project for Module 11. There are VoiceThread apps that are available for free for iOS and Android devices that can be used to view the VT and comment on them. These apps should not be used when creating VoiceThreads. For these, I strongly recommend that you use a laptop or desktop computer.
- **High speed, broad band internet connection such as DSL or cable.** A broadband Internet connection is strongly recommended. Slower connections may affect your ability to interact

with materials in the course. It is also recommended that you try to submit course exams and assignments well ahead of the deadline since we have found that network speeds can significantly slow as the deadlines in online courses approach due to increased use.

- SPECIAL NOTE: Some users with satellite Internet service may find their online courses do not load quickly or consistently due to satellite network design issues.
- **Installation of LockDown Browser on computer that you will use for this course.** All tests will be taken using LockDown Browser. The computer you use to take exams should be “hard wired” to the internet. WiFi is not stable enough to support a reliable connection for taking tests. Instructions on how to install LockDown Browser are included in the course introduction module.

Canvas courses are best viewed using Chrome or Firefox. For specific questions about browser compatibilities and general questions about e-learning at UF please go to <https://wiki.helpdesk.ufl.edu/FAQs/E-Learning>.

For any technical issues you encounter with your course please contact the UF computing Help Desk at 352-392-4357. For Help Desk hours visit: <http://helpdesk.ufl.edu/>

Academic Requirements and Grading

Assignments:

The materials in this course are presented in 13 Modules each of which is covered in 1 week. Each module is focused on specific reading assignments taken from the required course textbook. The modules are divided into units which contain the following: (1) a Voice Thread slide with audio lecture and transcript by the instructor, (2) additional materials - either video (e.g., YouTube) or articles - mainly from scientific journals, and (3) a self-check quiz worth a few points that ensures you have reviewed and understood the material in (1) and (2). Each module ends with a "Food for Thought" assignment which is to write a paper on a topic relevant to the module and an assigned peer review of a student's paper.

Grading:

The total points for each assignment type are:

- Self-check quizzes = 230 points (approx)
- Module papers (13 @ 50 points) = 650 points
- Peer reviews (12 @ 10 points) = 120 points

Your final grade will be determined based on the percent of the total points available (~1,000 possible) that you have earned for all assignments.

Percentage Total Points Earned	Letter Grade
93-100	A
90-92	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+
73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-
Below 60	E

Please be aware that a C- is not an acceptable grade for graduate students. The GPA for graduate students must be 3.0 based on 5000 level courses and above to graduate. A grade of C counts toward a graduate degree only if based on credits in courses numbered 5000 or higher that have been earned with a B+ or higher.

Letter Grade	Grade Points
A	4.0
A-	3.67
B+	3.33
B	3.0
B-	2.67
C+	2.33

C	2.0
C-	1.67
D+	1.33
D	1.0
D-	0.67
E	0.0
WF	0.0
I	0.0
NG	0.0
S-U	0.0

More information on UF grading policy may be found at:

<http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#grades>

Exam Policy

Late assignments and tests

I recognize that personal circumstances arise that may interfere with your ability to meet a deadline. If you anticipate missing a deadline, please let me know as soon as possible and I will work with you to resolve the issue. Your emails will be responded to within 24 hours (typically sooner). Please see the [UF Attendance Policies](#) concerning absences, religious holidays, and illness. In general, late assignments, quizzes, and tests will not be accepted unless you have obtained a deadline extension from the instructor.

If you encounter technical difficulties with assignments (e.g. LockDown browser malfunction), be sure to include a UF helpdesk ticket number (<http://helpdesk.ufl.edu/>) in your request for a deadline extension if you plan to request one. The extension request MUST be submitted within 24 hours of the technical difficulty.

Class Attendance Policy

This course is entirely online and is asynchronous. Thus there is no formal class attendance policy. Requirements for make-up exams, assignments, and other work in this course are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Excused absences that lead to missed assignment deadlines must be consistent with university policies in the Graduate Catalog

<http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#attendance>.

Additional information can be found here:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Academic Integrity:

Students are expected to act in accordance with the University of Florida policy on academic integrity. As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge:

“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”

You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied:

“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For additional information regarding Academic Integrity, please see Student Conduct and Honor Code or the Graduate Student

Website for additional details:

<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>

<http://gradschool.ufl.edu/students/introduction.html>

Please remember cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

Online Faculty Course Evaluation Process:

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at

<https://gatorevals.aa.ufl.edu/students/> . Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Support Services:

Accommodations for Students with Disabilities:

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting <https://disability.ufl.edu/students/get-started/> . It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health:

Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- The Counseling and Wellness Center 352-392-1575 offers a variety of support services such as psychological assessment and intervention and assistance for math and test anxiety. Visit their web site for more information: <http://www.counseling.ufl.edu>. On line and in person assistance is available.
- You Matter We Care website: <http://www.umatter.ufl.edu/>. If you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel.
- The Student Health Care Center at UF Health is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at UF Health offers a variety of clinical services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: <https://shcc.ufl.edu/>
- UF Health Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32698, ufhealth.org/emergency-room-trauma-center.

- University Police Department: Visit police.ufl.edu/ or call 352-392-1111 (or 9-1-1 for emergencies).
- Crisis intervention is always available 24/7 from:

Alachua County Crisis Center:

(352) 264-6789

<http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx>

Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.

Academic Resources

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services career.ufl.edu/.

Library Support: cms.uflib.ufl.edu/ ask various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center: Broward Hall 352-392-2010 or to make an appointment 352 392-6420. General study skills and tutoring. teachingcenter.ufl.edu/

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. writing.ufl.edu/writing-studio/

Student Complaints On-Campus: sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/

On-Line Students Complaints: distance.ufl.edu/student-complaint-process