

GMS7795 Psychobiology of eating and obesity, Fall 2021

PLEASE READ CAREFULLY

This course syllabus describes the reading assignments, self check quizzes, Food for Thought assignments, and peer paper review that you will be completing for each module of this course by their due dates. The course is designed in 13 modules. It is critically important that you keep up with the material and establish your own work schedule so that you can meet the weekly deadlines. The material is in the Canvas shell and the slides are in Voice Thread which should load automatically in Canvas. **The course starts on August 23rd, 2021 and will be completed by November 23rd.**

Each course module corresponds approximately to Chapters in the text book, Psychology of Eating (2nd ed) by Splane, Rowland & Mitra (Routledge, 2019). This is a new edition: it is substantially revised in order and content from the first edition, so don't even try to use the old one. Each module lasts one week from accessing materials to completing assignments.

You can contact me (Neil Rowland) either by the Canvas e-mail system or directly (nrowland@ufl.edu) and I'll try to answer within 24 hours. I'll also be happy to meet with you electronically (e.g., by Zoom): just send an e-mail with a couple of appointment times that would work for you.

Each Unit has the same general format: (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). The self-check quizzes from all of the week's units are due by 11:59 p.m. on Saturdays. ***PLEASE NOTE THAT ALL OF THE TIMES AND DEADLINES ARE U.S. EASTERN TIME ZONE**

Each Module ends with a "Food for Thought" assignment which is to write a paper on an issue that is **clearly related to the topic of the week**. Since one theme of the course is neuroscience, then your papers also **must include some aspect of or relevance to neurobiology** although I recognize that the students in this course will have varying degrees of expertise in this realm. The objective is that you get used to putting some original thoughts on paper each week, and using strict scientific format (e.g., APA, but other journal-style formats are OK) and terminology. That is, your papers need to have a statement of purpose, present data or argument in a logical way with citations, and a conclusion, and to use "tight" terminology [for example, "I think that..." is not acceptable, but "Smith (2016) has proposed that "...would be good]. Also, if you use popular media as a source for an idea, that is fine if it is done in a "Mythbusters" type of way, but you must use credible scientific sources (usually journal articles) to make your arguments. Your paper also should include material that teaches me something: don't just parrot the slides or reading materials - there needs to be evidence of literature research. Bottom line: I'm looking for scientific

style as well as content - will give annotated grading on your papers each week by way of help. Each module paper is due by 11:59 p.m. on Sunday of that module-week, and is worth 50 points graded from a rubric.

Additionally, once all the papers have been submitted in Canvas for a given module, you will be assigned (at about 8 a.m. Mondays) ONE of your classmate's papers to read, review and grade according to the same rubric that I will use. (Insofar as class size allows, you will get a different person's paper each week). What seems to work best is that I send you the paper to review as an e-mail attachment Word file, then you can perform your review using Word editing tools. These reviews (worth 10 points) should be returned to me by e-mail within 48 hours (due by Tuesday midnight). I then read the target papers and reviews, add my own comments and assign grades. So be fair, firm and professional! While your peer grades will not be used directly, I often use them and your reviews to inform my own grading and review.

The course starts on August 23rd, 2021 and will be completed by November 23rd (before Thanksgiving). There are no breaks! The start dates and titles for each module are viewable from the Modules tab on the left of your screen.

The materials for the next module will not be released until you have submitted your self-check quizzes and paper for the previous module, but will not be dependent on the peer review being completed.

The total points for the class are (approximately) as follows:

Self-check quizzes = 230 points (approx)

Module papers (13 @ 50 points) = 650 points

Peer reviews (12 @ 10 points) = 120 points

The approximate grade scale (%) will be 90/80/70 with + and - divisions as appropriate.

Be sure to monitor the completion of your work by viewing the Modules, Assignments or Grades Pages linked in the menu on the left so that you will know if you have completed all of the assignments required before taking the Module tests. The following links will take you to help pages on how to view these sections of the course: [Modules](#), [Assignments](#), [Grades](#). If you have additional questions about the CANVAS platform, please see the [Canvas Student Guide](#).

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