

Eastern Illinois University
New/Revised Course Proposal Format
(Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

Agenda Item #14-39
Effective: Summer 2015

Banner/Catalog Information (Coversheet)

1. ☐ New Course or ☒ Revision of Existing Course
2. Course prefix and number: FCS 4753
3. Short title: Nutrition Addiction
4. Long title: Nutrition and the Addicted Person
5. Hours per week: 1 Class 0 Lab 1 Credit
6. Terms: ☐ Fall ☐ Spring ☐ Summer ☒ On demand
7. Initial term: ☐ Fall ☐ Spring ☒ Summer Year: 2015
8. Catalog course description: Consideration of nutrition needs and eating problems of those with addictions, including nutrition management and treatment plans.
9. Course attributes:
General education component: none
☐ Cultural diversity ☐ Honors ☐ Writing centered ☐ Writing intensive ☐ Writing active
10. Instructional delivery
Type of Course:
☒ Lecture ☐ Lab ☐ Lecture/lab combined ☐ Independent study/research
☐ Internship ☐ Performance ☐ Practicum/clinical ☐ Other, specify: _____
Mode(s) of Delivery:
☐ Face to Face ☒ Online ☐ Study Abroad
☐ Hybrid, specify approximate amount of on-line and face-to-face instruction _____
11. Course(s) to be deleted from the catalog once this course is approved. None
12. Equivalent course(s): none
 - a. Are students allowed to take equivalent course(s) for credit? ☐ Yes ☐ No
13. Prerequisite(s): FCS 2100 or its equivalent
 - a. Can prerequisite be taken concurrently? ☐ Yes ☒ No
 - b. Minimum grade required for the prerequisite course(s)? D
 - c. Use Banner coding to enforce prerequisite course(s)? ☒ Yes ☐ No
 - d. Who may waive prerequisite(s)?

☐ No one ☐ Chair ☒ Instructor ☐ Advisor ☐ Other (specify)

14. Co-requisite(s): none

15. Enrollment restrictions

a. Degrees, colleges, majors, levels, classes which may take the course: Any one meets the prerequisite.

b. Degrees, colleges, majors, levels, classes which may not take the course: N/A

16. Repeat status: ☒ May not be repeated ☐ May be repeated once with credit

17. Enter the limit, if any, on hours which may be applied to a major or minor: 1

18. Grading methods: ☒ Standard ☐ CR/NC ☐ Audit ☐ ABC/NC

19. Special grading provisions:

☐ Grade for course will not count in a student's grade point average.

☐ Grade for course will not count in hours toward graduation.

☐ Grade for course will be removed from GPA if student already has credit for or is registered in:

☐ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: _____

20. Additional costs to students:

Supplemental Materials or Software none required

Course Fee ☒ No ☐ Yes, Explain if yes _____

21. Community college transfer:

☐ A community college course may be judged equivalent.

☒ A community college may not be judged equivalent.

Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

Rationale, Justifications, and Assurances (Part I)

1. ____ Course is required for the major(s) of ____
____ Course is required for the minor(s) of ____
____ Course is required for the certificate program(s) of ____
X Course is used as an elective

2. **Rationale for proposal:** This course was originally designed in 1987 to be taken by those students enrolled in the BS and MS in Family and Consumer Sciences degree programs. While the course is still a viable elective for these students (mostly those students in the dietetics and family services options), graduate students in the MS in Dietetics program could take this course as an elective as well. This revised course has been updated in content since its initial course offering.

3. **Justifications for (answer N/A if not applicable)**

Similarity to other courses: The content of this course is discussed briefly in several undergraduate nutrition and health courses as well as in the Nutritional Decisions and Dilemmas senior seminar (EIU 4151). However, the depth of information and the focus on the normal nutrition (compared to the medical nutrition therapy) as presented in this course is not similar to existing courses. Additionally, the addiction process is presented in detail in the Addictions in the Family course (FCS 4860) as well as other family-based courses within FCS. However, the connection between nutrition and addiction is expanded upon in this course.

Prerequisites: Personal Nutrition (FCS 2100) or its equivalent. The successful completion of an introductory nutrition class is necessary as the information presented in this course builds on a foundational knowledge of nutrition.

Co-requisites: N/A

Enrollment restrictions: N/A

Writing active, intensive, centered: N/A

4. **General education assurances (answer N/A if not applicable)**

General education component: N/A

Curriculum: N/A

Instruction: N/A

Assessment: N/A

5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**

Online or hybrid delivery justification: Online delivery of this course is justified by the following: 1. potential increase in enrollment in this course and is supported by our School's recruitment initiatives; 2. credible electronic materials are readily available to the students at no cost which lends the course to being successful online; and 3. the online delivery increases the flexibility and accessibility of this course to our students, both traditional and non-traditional student.

Instruction: Students will be assigned a discussion question each week concerning the material covered. They will also be required to post a response to at least one other student's response. A discussion rubric will be used to evaluate the content of the discussion. Each of the four modules will

require students to read the assigned materials, view presentations (powerpoints with audio and/or videos), and complete related discussions. Instructors teaching online offerings will be trained/qualified as per university guidelines (e.g., OCID).

Integrity: The instructor will correspond with each student on a regular basis. Each posting on the discussion board will reflect the student's name and will be monitored carefully. The discussions will be structured in a manner that will allow for the integration of the materials on a deeper level. Turnitin plagiarism software will be used to help ensure original and authentic written work. The examination will be timed and available for a limited time span with Respondus Lockdown browser enabled; however, notes and other resources can be utilized.

Interaction: Each student will be interacting directly with each other via D2L. Discussion boards, email, chat rooms and assignment boxes will be used for direct communication. Students will also have the opportunity to correspond through telephone or in person on campus, if they so desire.

Model Syllabus (Part II)

Please include the following information:

1. Course number and title: FCS 4753 Nutrition and the Addicted Person
2. Catalog description: Consideration of nutrition needs and eating problems of alcoholics and other substance abusers; nutrition management; and treatment plans. Prerequisite: FCS 2100 or its equivalent.
3. Learning Objectives

Upon completion of this seminar, participants will be able to:

- discuss the addiction process in reference to the DSM V criteria. (a, c)
- explain the mechanisms of malnutrition and common nutrition-related disorders in the addicted person. (a, b, c)
- infer the nutrition management goals in the treatment of the addicted person. (a-d)
- evaluate the philosophy of Alcoholics Anonymous and its related support groups. (a-d)

Upon completion of the course, **graduate** students will

- analyze a current issue or trend within the field of nutrition and addiction, such as food addiction or the impact on the legalization of medicinal marijuana. (a-d)

Depth of content knowledge (a)

Effective critical thinking and problem solving (b)

Effective oral and written communication (c)

Advanced scholarship through research and creative activity (d)

4. Course materials: While there isn't a specific textbook for the course, various articles from peer-reviewed journals as well as government sites will be utilized.

American Psychiatric Association. DSM-5 Development website at www.dsm5.org.

Ferreira, M.P. & Weems, S. (2008). Alcohol consumption by aging adults in the United States: Health benefits and detriments. *Journal of the American Dietetic Association*, 108(10), 1668-1676.

Liangpunsakul, S. (2010). Relationship between alcohol intake and dietary pattern: Findings from NHANES III. *World Journal of Gastroenterology*, 16(32), 2055-4060.

Sorbral-Oliverira, M.B., Faintuch, J., Guarita, D.R., Oliveria, C.P. & Carrilho, F.J. (2011). Nutritional profile of asymptomatic alcoholic patients. *Archives of Gastroenterology*, 48, 112-118.

5. Weekly Outline of Content: The course will be divided into 4 modules of learning.

Module	Topic	Contact Hours
1	Addiction and Nutrition Basics	3 hours
2	Mechanisms of Malnutrition	3 hours
3	Multi-faceted Treatment of Addiction	3.5 hours
4	Nutritional Management of Substance Abuse	3 hours
	Total hours	12.5 hours

6. Assignments and evaluation, including weights for final course grade.

Discussions/reflections	4 @ 14 points each	56 points
Case Scenario	1 @ 20 points	20 points
Examination	1 @ 24 points	24 points
Total points (undergraduate)		100 points

Major Project (graduate)	1 @ 35 points	35 points
Total points (graduate)		135 points

Based on the additional course objective, graduate students will have a major project focusing on a current issue or trend within the field of nutrition and addiction. This major project will vary based on the identified interest of the student, but could include the development of a nutrition education program, an oral presentation provided as a webinar to the class, a detailed research paper, or the development of a series of educational brochures.

7. Grading Scale

90-100% A	80-89% B	70-79% C	60-69% D	<60% F
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8. Correlation of learning objectives to assignments and evaluation.

Course Objective	Discussions and Reflections	Exam	Case Scenario	Major Project
Discuss the addiction process in reference to the DSM V criteria.	x	x	x	
Explain the mechanisms of malnutrition and subsequent common nutrition-related disorders in the addicted person.	x	x	x	
Infer the nutrition management goals in the treatment of the addicted person.	x	x	x	
Discuss the philosophy of Alcoholics Anonymous and its related support groups.	x			
Analyze a current issue or trend within the field of nutrition and addiction.				x

Date approved by the SFCS Curriculum Committee: October 10, 2014

Date approved by the LCBAS Curriculum Committee: November 19, 2014

Date approved by CAA: December 11, 2014

Date approved by CGS: _____

