

**Eastern Illinois University
New/Revised Course Proposal Format**

CGS Agenda Item: 22-22
Effective Summer 2023

Banner/Catalog Information (Coversheet)

1. ☒ **New Course** or ☐ **Revision of Existing Course**
2. **Course prefix and number:** NTR 5161
3. **Short title:** Focus on Eating Disorders
4. **Long title:** Focus on Eating Disorders
5. **Hours per week:** Class Lab Credit
6. **Terms:** ☐ Fall ☐ Spring ☐ Summer ☒ On demand
7. **Initial term:** ☐ Fall ☐ Spring ☒ Summer Year: 2023
8. **Catalog course description:** This course will examine the topic of eating disorders, including diagnostic criteria, treatment plans, and the effects of modern society, diet culture, and the media on body image.
9. **Course attributes:** N/A

General education component: _____

☐ 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 ☐ Online Synchronous ☒ Online Asynchronous

☐ Study Abroad

☒ Hybrid, specify approximate amount of on-line and face-to-face instruction. 60% online and 40% face-to-face

11. Course(s) to be deleted from the catalog once this course is approved. N/A

12. Equivalent course(s): N/A

a. Are students allowed to take equivalent course(s) for credit? ☐ Yes ☐ No

13. Prerequisite(s): N/A

a. Can prerequisite be taken concurrently? ☐ Yes ☐ No

b. Minimum grade required for the prerequisite course(s)? ☐

c. Use Banner coding to enforce prerequisite course(s)? ☐ Yes ☐ No

d. Who may waive prerequisite(s)?

☐ No one ☐ Chair ☐ Instructor ☐ Advisor ☐ Other: DPD Coordinator

14. Co-requisite(s): None

15. Enrollment restrictions

a. Degrees, colleges, majors, levels, classes which may take the course: All

b. Degrees, colleges, majors, levels, classes which may not take the course: None

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: N/A

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

19. Special grading provisions: N/A

☐ 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: N/A

Course Fee ☒ No ☐ Yes, Explain if yes

21. Community college transfer: N/A

☐ 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)
☒ Course is used as an elective including but not limited to NTR, PUBH, KSR, PSY, EDU

2. Rationale for proposal:

According to World Psychiatry, eating disorders have the second highest mortality rate of all mental health disorders. Application and analysis of eating disorder diagnosis and treatment provides students with an extensive understanding of eating disorders. Attention will be paid to the identification and treatment of eating disorders utilizing a multidisciplinary approach. This course was taught as a pilot during Summer 2021 as a special topic and was well received.

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

Similarity to other courses: Some of the content in the proposed course is similar to some of the content presented in several nutrition courses and the senior seminar. However, this course provides a continuum for the interested student and discusses eating disorders in much greater detail.

Prerequisites: N/A

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: This course will be offered online, with the flexibility of being offered in person or with the hybrid format. Other classes in the program have been offered in the online format successfully, and the faculty will have the appropriate experience and training to deliver quality courses in either modality.

Instruction: Lectures from the face-to-face courses may be recorded and posted online for students to view either synchronously or asynchronously. Other online components (e.g., tutorials, videos, discussions) will be included. All faculty who deliver this course online are/will be OCDi (or appropriate equivalent) trained.

Integrity: The integrity of the course will not be compromised by offering an online mode of delivery. The online version of the course will utilize the same PowerPoint lectures (with slides regularly complemented by audio/video aids) and exams will include the same content and allotted time. Academic integrity of written work will be preserved and monitored for originality and authenticity with the most current technology available.

Interaction: At the discretion of the faculty, provisions and requirements would vary but generally will utilize Email, chat rooms, discussion boards, assignment drop boxes, telephone, and on-line office hours. Students will participate in online discussion boards through their own posts in response to their peer students and to the instructor. In addition to responding to students' posts, the instructor will monitor discussion board posts to ensure that a respectful, professional, and academic tone is maintained.

Model Syllabus (Part II)

Please include the following information:

1. Course number and title: NTR 5161 Focus on Eating Disorders
2. Catalog description: This course will examine the topic of eating disorders, including diagnostic criteria, treatment plans, and the effects of modern society, diet culture, and the media on body image.
3. Learning objectives:
 - a. Apply the diagnostic criteria to simulated cases of eating disorders. (a-d)
 - b. Evaluate the various influences on eating disorders. (a, b, e)
 - c. Examine the multi-faceted approach in the treatment of eating disorders. (a-e)
 - d. Analyze the importance of providing proper recommendations to eating disorder clients and their families. (a-e)

Graduate Learning Goals

Depth of content knowledge (A)

Effective critical thinking and problem solving (B)

Effective oral and written communication (C)

Advanced scholarship through research or creative activity (D)

Ethical and professional responsibility (E)

4. Course materials: No text will be assigned to this course; however, the following material will be used in the planning and implementing of the course:

Education materials and resources from the National Eating Disorders Association

Various current journal articles from peer-reviewed journals

5. Outline of content. The course will be divided into 4 weekly modules of learning and will be offered as a summer 4-week course.

Week	Module	Topic	Contact Hours
1-4	1	Identifying eating disorders	3
5-8	2	Eating disorder influences/Co-occurring disorders	3
9-12	3	Treatment modalities and multidisciplinary approach	3.5
13-15	4	Prevalence of eating disorders throughout the lifecycle and long-term complications	3
16		Comprehensive Reflection Final Exam Paper Due	

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

Course Assignment	Points	% of points
Written Activities - Discussion Forums (1/week x 4 weeks)	30	30%
Book Review – Oral Presentation	30	30%
Case Study	20	20%
Comprehensive Reflection Final Exam Paper	20	20%

Total Points	100	100%
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7. Grading scale.

A = 90-100% B = 80-89% C = 70-79% D = 60-69% Below 60% = F

8. Correlation of learning objectives to assignments and evaluation.

Course Objectives	Written Activities 30%	Book Review 30%	Case Study 20%	Comp Paper 20%
Apply the diagnostic criteria to simulated cases of eating disorders. (a-d)	X		X	X
Evaluate the various influences on eating disorders. (a, b, e)	X	X	X	X
Examine the multi-faceted approach in the treatment of eating disorders. (a-e)	X		X	X
Analyze the importance of providing proper recommendations to eating disorder clients and their families. (a-e)	X	X	X	X

Date approved by the NTR Curriculum Committee: December 1, 2021
Date approved by the CHHS Curriculum Committee: February 14, 2022
Date approved by CGS: