

Liverpool John Moores University

Title: Eating Behaviours & Appetite
Status: Definitive
Code: **5110SSLN** (123093)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Lucinda Richardson	Y
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Academic Level: FHEQ5 **Credit Value:** 20 **Total Delivered Hours:** 42
Total Learning Hours: 200 **Private Study:** 158

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Workshop	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay (2,500 words)	50	
Exam	AS2	Exam	50	2

Aims

For the student to comprehend the extent of the interdisciplinary nature of eating behaviour and appetite; to know how this might affect an individual's relationship with food, to be able to discuss the consequential health implications of dysfunctional eating; and demonstrate a knowledge of how health professionals may attempt to heal a dysfunctional relationship with food.

Learning Outcomes

After completing the module the student should be able to:

- 1 Define the biological, psychological, sociological and environmental processes that underlie eating behaviour and appetite
- 2 Differentiate the many treatments in place to heal a dysfunctional relationship with food
- 3 Demonstrate a knowledge of eating disorders

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Essay	1	2	3
Exam	1	2	3

Outline Syllabus

The module will highlight the main themes directly involved and affecting eating behaviour and appetite: the brain; appetite regulation, satiety cascade and the endocrine system, the gut; gastric and intestinal phases of appetite, satiety hormones, the environment; behaviour development, food and identity, cognitive aspects, social, psychological and consumerist aspects, media and body image. Discuss how a dysfunctional relationship with food can be healed, understanding dietary restraint, treatments, nutritional, surgical, pharmaceutical, and alternative therapies such as mindfulness. Examine eating disorders, causes and treatments.

Learning Activities

The module will be delivered by means of lectures followed by workshops. Here students will participate in small group discussions based around material presented in the lectures using prescribed reading and case studies.

Notes

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