

### Summary Information

Module Code	5110SSLN
Formal Module Title	Eating Behaviours and Appetite
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

### Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

### Learning Methods

Learning Method Type	Hours
Lecture	20
Workshop	20

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

### Aims and Outcomes

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.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Define the biological, psychological, sociological and environmental processes that underlie eating behaviour and appetite
MLO2	2	Differentiate the many treatments in place to heal a dysfunctional relationship with food
MLO3	3	Demonstrate a knowledge of eating disorders

### Module Content

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.
Module Overview	The aim of this module is to comprehend the extent of the interdisciplinary nature of eating behaviour and appetite. You will 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.
Additional Information	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.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Essay	50	0	MLO1, MLO2, MLO3
Centralised Exam	Exam	50	2	MLO1, MLO2, MLO3

### Module Contacts

#### Module Leader

Contact Name	Applies to all offerings	Offerings
Lucy Richardson	Yes	N/A

#### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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