Syllabus

**APPROACHES IN THE TREATMENT OF EATING DISORDERS - 65646**

Last update 09-03-2015

**HU Credits:** 3

**Degree/Cycle:** 1st degree (Bachelor)

**Responsible Department:** nutritional science

**Academic year:** 3

**Semester:** 2nd Semester

**Teaching Languages:** Hebrew

**Campus:** Rehovot

**Course/Module Coordinator:** Dr Mor Israely

**Coordinator Email:** misraely@hotmail.com

**Coordinator Office Hours:** By appointment

**Teaching Staff:**
Dr. Mor Israely
Dr. Ayelet Harari

**Course/Module description:**
Etiology, pathology, treatment and prevention of eating disorders and obesity

**Course/Module aims:**
To provide the students a basic theoretical and practical knowledge of eating disorders and obesity.

**Learning outcomes - On successful completion of this module, students should be able to:**
- Recognize the etiology of eating disorders
- Describe the treatment of eating disorders
- Identify and measure body fat
- Manage the training program.

**Attendance requirements(%):**
100

**Teaching arrangement and method of instruction:** Frontal lectures, discussion of case studies and treatment conflicts with reference to the scientific literature.

**Course/Module Content:**
- Eating disorders etiology and risk factors
- Diagnostic criteria for Anorexia Nervosa, Bulimia nervosa, ED nos, Binge eating disorders
- Diseases description and consequences
- Treatment of Eating Disorders, Nutritional, medical, emotional and family treatment.
- Body and self image
- Identification of ED
- ED in males
- Diabetes and ED
- Feeding problems as a cause of disordered eating and obesity.
- Attention deficit disorder and disordered eating.

**Adult obesity: Epidemiology and etiology**
**Children and adolescents obesity: Epidemiology and etiology**
**Factors affecting energy homeostasis**
Diagnosis and measurement of obesity
Body composition and adipose tissue distribution: metabolic implications
Pathophysiology of obesity
Physical and mental health consequences of obesity
Treatment approaches for obesity
Behavioral therapy of adult obesity, nutritional therapy, lifestyle intervention and physical activity
Characteristic of success in weight loss maintenance
Treatment approaches of children and adolescents obesity
Bariatric surgery: weight loss, possible complications and dietary treatment
Pharmacotherapy of obesity
Obesity in life cycle, pregnancy and fertility

Required Reading:
Will be given during the class

Additional Reading Material:
27. Stellefson, Eileen J. Winning the war within: nutrition for anorexia and bulimia nervosa. Lake Dallas, TX, 1999.
32. הפחד לתפוס מקום. איתן בכר, ירושלים 2001.

Obesity:
editors). Baltimore:Lippincott Williams & Wilkins.

**Course/Module evaluation:**
- End of year written/oral examination 100 %
- Presentation 0 %
- Participation in Tutorials 0 %
- Project work 0 %
- Assignments 0 %
- Reports 0 %
- Research project 0 %
- Quizzes 0 %
- Other 0 %

**Additional information:**
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