



The Hebrew University of Jerusalem

Syllabus

new approaches to coping with obesity - 73550

Last update 25-09-2016

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Biochemistry, Food Science and Nutrition

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Rehovot

Course/Module Coordinator: Ayelet Kalter

Coordinator Email: ayeletkalter1@gmail.com

Coordinator Office Hours: By appointment

Teaching Staff:

Ms. Ayelet Kalter

Course/Module description:

In recent decades, obesity is the heart of Professional-Social dialogue and it gives rise to many conflicts. On the one hand 65% of Israel's population is overweight or obese and the on other hand, lies the failure (95% minimum) to lead a person to maintain a healthy weight and ability to maintain it for years. The issue becomes very complex in view of the disruption of eating behaviors and body hatred that almost everyone suffers from them. In many ways we are a disorder-eating society, which is run out of most eating and fear and guilt of what should eat, when and how much - the so-called diet language. No one really knows his body, his needs and mechanisms of his hunger and satiety. Eating for many is a battlefield often ends in obesity. This situation leaves the health professionals and treatment with a real need to find other forms of coping that will lead to meet other appropriate and effective for themselves and for thousands of patients. A way to help a person to get out of the circles of diet is to learn the language of a new eating - eating attentive. A way to help raise the children in a healthy and free from suffering involved in the language of diet, obesity and stop the regulation of health, enjoyment and quality of life.

Course/Module aims:

Give knowledge of new theoretical and therapeutic tools for dealing with obesity and eating behaviors.

Learning outcomes - On successful completion of this module, students should be able to:

*Understand the nature of diet failure
Know the language and the nature of suffering diet that it created
Recognize new ways of coping with the problem of obesity and eating behaviors
Know the language of attentive eating
Understanding emotional eating and how to deal with it*

Attendance requirements(%):

80

Teaching arrangement and method of instruction: The course will be given theoretically and experientially through movies, case studies and exercises.

Course/Module Content:

□ *The Salutogenic Approach Promoting Health and the Language of Mindful Eating*

Required Reading:

Dawn Clifford, PhD, RD; Amy Ozier, PhD, RD; Joanna Bundros, BS; Jeffrey Moore, BS; Anna Kreiser, BS; Michelle Neyman Morris, PhD, RD Impact of Non-Diet Approaches on Attitudes, Behaviors, and Health Outcomes: A Systematic Review *J Nutr Educ Behav.* 2015;47:143-155

Tracy L. Tylka, Rachel A. Annunziato, Deb Burgard, Sigrún Daníelsdóttir Ellen Shuman, Chad Davis, and Rachel M. Calogero, The Weight-Inclusive versus Weight-Normative Approach to Health: Evaluating the Evidence for Prioritizing Well-Being over Weight Loss. Journal of Obesity
Volume 2014, Article ID 983495, 18 pages

Additional Reading Material:

None

Grading Scheme:

Additional information:

None