

What You Should Already Know

This is an introductory course, so there aren't any prerequisite courses that you should have already taken. The course covers topics you've undoubtedly heard about to some extent. The content of this course should help you expand your knowledge.

Learning Outcomes

After completing the course, you should be able to do the following:

1. Identify descriptions, risk factors, symptoms, medical complications, and treatments for the following eating disorders: compulsive overeating, binge eating, anorexia nervosa, bulimia nervosa, pica, and body dysmorphic disorder.
2. Analyze societal ideals of the "right body," and how the media translates those expectations to the greater population.
3. Describe the nutritional diseases and their heavy toll on people's lives.
4. Identify the major components of a healthy diet—including carbohydrates, proteins, fats, vitamins, minerals, and water—and the amount of each that should be consumed.
5. Identify the functions of the major components of a healthy diet, use the Food Pyramid to plan a healthy diet, and read and interpret a food label.
6. Determine the types and amounts of physical activity needed to stay healthy and balance calorie intake.

Course Materials

All the materials you need to complete this course are contained within the course.

Course Organization

Assignments

This course is composed of three units of content, a review quiz, and a final exam.

Units

Each unit has several lessons of content. Each lesson has a Self Check to help you make sure you've understood the lesson. Self Check scores do not count toward your grade, they are simply for practice and self-assessment. Some units contain optional "Activity" challenges, which are not graded or submitted.

Graded Assignments

At the end of each unit you will need to complete a unit quiz (a computer graded assignment), usually composed of twenty or more multiple choice questions. There is also a review quiz before the final exam. These quizzes account for 65 percent of your course grade. Unit quizzes are "open book"—you may use the course manual to complete them. You may complete them whenever you think you are ready. Be careful, though—once you submit an assignment for a grade, that grade is permanent. You may resubmit each assignment once, but there is a fee for resubmitting assignments.

Exams

Final Exam

The final exam has about fifty multiple-choice questions covering material from the course. The final exam is worth 35 percent of your course grade.

Grading

Your grade for this course is determined by how well you do on the four quizzes and the final exam. It is based on the following grade scale. Unit quizzes for Units 1–3 are worth 20% each toward your course grade. The Review Quiz is worth 5% of your grade.