



LILIE, LLC Course Information

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Title of Course (*45 hours*): **Body Image, Eating Disorders, and Obesity**

Course Description: Many children suffer from eating disorders, and there are specific indicators that may identify this problem. Eating Disorders that afflict our youth may have devastating academic and social effects. This course will discuss the causes of eating disorders and address the specific risk factors that may contribute to these conditions in children. This class will explore important techniques to recognize signs of eating disorders that our students may exhibit, and recommend additional outside sources of intervention.

Overall Course Objective and Expectation(s) – SWBAT:

- Teachers will examine the causes of eating disorders in their students.
- -Teachers will explore the integrative knowledge to diminish the incidence of eating disorders in their students.
- -Teachers will gain the capacity to create awareness regarding eating disorders in their classroom environments through the content of this course.
- -Teachers will develop insights into identifying eating disorders in their students through the identification of at risk behaviors.
- -Teachers will explore various support systems and treatment modalities to help students with eating disorders.

Course Instructional Materials:

All courses maintain a fully developed and dynamic webpage that houses all resources, reference material and various other required informational texts, videos and alike that is both active and relevant to course objectives and content. Course web pages are routinely updated to reflect most current research and available readings therefore instructional materials used to teach course objectives are subject to change.

Instructor Consultation and Interaction:

Real time consultation and instruction is provided through the LILIE, LLC discussion boards for each course/classroom on a daily basis.

Suggested Readings (*subject to change*):

- Alexander, J. & LeGrange, D. (2009). My Kid Is Back: Empowering Parents to Beat Anorexia Nervosa. Melbourne Univ. Publishing.
- Andersen, A., Cohn, L., & Holbrook, T. (2000). Making Weight: Men's Conflicts With Food, Weight, Shape and Appearance. CA: Gurze Books.
- Cash, T. (1997). Body Image Workbook. New Harbinger.
- Collins, L. (2004). Eating With Your Anorexic. McGraw-Hill.
- Craighead, Linda. (1996). The Appetite Awareness Workbook. New Harbinger.

- Fairburn, C. (1995). Overcoming Binge Eating. NY: Guilford Press.
- Friedman, S. (1997). When Girls Feel Fat. Helping Girls Through Adolescence. Toronto: HarperCollins.
- Herrin, M. & Matsumoto, N. (2007). The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home. Gurze Books.
- Kater, K. (2004). Real Kids Come In All Sizes: Ten Essential Lessons To Build Your Child's Body Esteem. Broadway/Random House.
- Le Grange, D. & Lock, J. (2007). Treating Bulimia in Adolescents: A Family Based Approach. NY: Guilford Press.
- Litt, A. (2004). Fuel For Young Athletes. Essential Foods and Fluids For Future Champions. Illinois: Human Kinetics.
- Littman, B. (1999). Everyday Ways To Raise Smart, Strong, Confident Girls. NY: Thomas Dunne Books.
- Liu, Aimee. (2007). Gaining: The Truth About Life After Eating Disorders. NY: Wellness Central.
- Lock, J. & LeGrange, D. (2005). Help Your Teenager Beat An Eating Disorder. NY: Guilford Press.
- Maine, M. (2004). Father Hunger: Fathers, Daughters, and the Pursuit of Thinness. CA: Gurze Books.
- Morgan, J. (2008). The Invisible Man: A Self-Help Guide for Men With Eating Disorders, Compulsive Eating, and Bigorexia. UK: Routledge.
- Neumark-Sztainer, D. (2005). "I'm, Like, So Fat": Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight Obsessed World. NY: Guilford Press.
- Norton, C. (2009). Feeding Your Anorexic Adolescent.
- Winter girls by Laurie Hales Anderson
- Our Overweight Children: What parents, schools and communities can do to control the fatness epidemic by Sharron Dalton
- Feed up: Winning the War Against Childhood Obesity by Susan Okie
- Moose by Stephanie Klein

Proof of Course Completion:

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits contemplated by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructors. These enrollee postings must be made four times each week in separate sessions. Enrollees will be required to submit a detailed log documenting at least 45 hours of course work, including discussion board posts, and will be required to apply information and strategies acquired from the course content to weekly classroom instruction. Attempts to falsify logs or discussion board entries will result in denial of credit and a report to the enrollee's employer.



Scope & Sequence/Weekly Topics and Objectives

Week I

Topic(s):

- Eating disorders
- Anorexia and bulimia
- Male eating disorders
- Disorders associated with sports
- Media influence

Objectives:

- To define Eating Disorders
- To assess our own knowledge of eating disorders
- To distinguish the various types of eating disorders
- To recognize the disorders associated with sports
- To analyze the media influence

Impact on Classroom Instruction:

Teachers will gain insight of how to define eating disorders and learn to distinguish the various types of eating disorders that may occur among adolescents.

Learner Outcomes:

As a result of our assignments this week teachers will be able to:

- Identify the various types of eating disorders.
- Apply the definition of eating disorders and be able to recognize an eating disorder in their students.
- Evaluate the development of eating disorders among adolescents.
- Analyze the influence of the media in initiating eating disorders.
- Identify the various types of eating disorders that are associated with sports.

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Post to the discussion board as outlined in the course expectations
- **Week #1 Day #1** Introduce self and respond to classmates postings
- **Week #1 Day #2** Students will take the eating disorders quiz and test. Students will assess and report the level of their knowledge of eating disorders based on the results of the quiz and test. Students will also the following questions based on the eating disorders assessment scores. Do you feel that your knowledge of eating disorders is high, low, or average and why? What factors in your life have contributed to your knowledge of eating disorders

and why?

- **Week #1 Day #3** Students will read the assigned articles on the definition of eating disorders. Students will write in a narrative format the definition of eating disorders. Students will read and select at least one peer post and comment.
- **Week #1 Day #4** Students will read the assigned articles on the types of eating disorders. Students will select 2 types of eating disorders and compare and contrast each disorder in a narrative format. How are these disorders similar and how do they differ? Students will read and select at least one peer post and comment.
- **Week #1 Day #5** Students will read the assigned articles on the development of eating disorders. Students will write in a narrative format the various factors that initiate the development of an eating disorder in children. Students will read and select at least one peer post and comment.
- **Week #1 Day #6** Students will read the assigned articles on the disorders that are associated with sports. Students will write in a narrative format the various eating disorders that are associated with sports in children. Students will read and select at least one peer post and comment.
- **Week #1 Day #7** Students will read the assigned articles on the media influences of eating disorders. Students will write in a narrative format how the media influences the development of eating disorders. Students will read and select at least one peer post and comment.



Week II

Topic(s):

- Causes of Eating Disorders
- Academic effects of Eating Disorders
- Social Effects of Eating Disorders
- Body image
- Media influence
- Common psychological disorders
- Body Image Dysmorphia
- Effects on self- esteem and academics

Objectives:

- -To examine the causes of eating disorders.
- -To analyze how body image influences eating disorders in children.
- -To recognize how common psychological disorders can cause eating disorders in children.
- -To recognize how body image dysmorphia influences eating disorders in children.
- -To assess how the media influences eating disorders in children.
- -To extrapolate the academic effects of eating disorders.
- -To analyze the social effects of eating disorders.

Impact on Classroom Instruction:

Teachers will gain insight of how to examine the causes of eating disorders and learn to distinguish the various causes of eating disorders that may occur among adolescents. Teachers will also analyze the academic and social effects of eating disorders among adolescents.

Learner Outcomes:

As a result of our assignments this week teachers will be able to:

- Identify the various causes of eating disorders.
- Recognize the academic effects of eating disorders in their students.
- Evaluate the social effects of eating disorders among adolescents.
- Analyze how body image influences eating disorders in children.
- Recognize how common psychological disorders can cause eating disorders in children.
- Recognize how body image dysmorphia influences eating disorders in children.
- Assess how the media influences eating disorders in children.

Assessment of Understanding and Learning/ Weekly Assignments (including but not limited to posting requirements set forth by LILIE, LLC):

- Post to the discussion board as outlined in the course expectations
- **Week #2 Day #1** Students will read the assigned articles on the causes of eating disorders. Students will write in a narrative format the various causes of eating disorders in children. Students will read and select at least one peer post and comment.
- **Week #2 Day #2** Students will select two (2) of the specific causes of eating disorders in children (family, abuse, peers, bullying, media, disabilities, etc.) and write in a detailed narrative format, how and why that is a cause or factor for eating disorders in children. Students will read and select at least one peer post of another causative factor for an eating disorder and comment.
- **Week #2 Day #3** Students will read the articles on academic effects of eating disorders. Students will write in a narrative format how eating disorders impact student academic performance. Students will read and select at least one peer post and comment.
- **Week #2 Day #4** Students will read the articles on the social effects of eating disorders. Students will write in a narrative format how having an eating disorder impacts a student's social health. Students will read and select at least one peer post and comment.
- **Week #2 Day #5** Students will read the articles on how body image influences eating disorders. Students will write in a narrative format how body image influences the development of eating disorders. Students will read and select at least one peer post and comment.
- **Week #2 Day #6** Students will read the articles on how common psychological disorders can cause eating disorders. Students will write in a narrative format how common psychological disorders can influence the development of eating disorders. Students will read and select at least one peer post and comment.
- **Week #2 Day #7** Students will read the articles on how body image dysmorphia influences eating disorders. Students will write in a narrative format how body image dysmorphia influences the development of eating disorders. Students will read and select at least one peer post and comment.
- **Week #2 Day #8** Students will read the assigned articles on the media influences of eating disorders. Students will write in a narrative format how the media influences the development of eating disorders. Students will read and select at least one peer post and comment.



Week III

Topic(s):

- Signs of Eating Disorders
- Consequences of Eating Disorders
- Eating Disorders and Substance Abuse
- Eating Disorders and Depression
- The Obesity Epidemic-Is this an American problem
- Reasons
- Preventions

Objectives:

- -To recognize the signs of eating disorders.
- -To analyze the consequences of eating disorders.
- -To assess how eating disorders can be the result of substance abuse.
- -To determine how eating disorders can be the result of depression.
- -To define obesity.
- -To explore prevalence and causes of childhood obesity epidemic

Impact on Classroom Instruction:

Teachers will gain insight of how to recognize the signs of eating disorders and analyze the various consequences that can arise from having an eating disorder in adolescence. Teachers will also analyze how low self-esteem, substance abuse, and depression play a role in eating disorders among adolescents. Participants will consider their specific classroom “clientele” and by researching the psychological, social, and mental health factors of obesity they will be able to recognize which patterns help promote effective instruction and which ones take away from that experience.

Learner Outcomes:

As a result of our assignments this week teachers will be able to:

- Identify the various signs of eating disorders.
- Analyze the consequences of eating disorders in adolescence.
- Evaluate the relationship between eating disorders and depression, substance abuse, and low self-esteem.
- Students will be able to understand the importance of weight issues and impact on education.
- Students will be able to define specific aspects of obesity, factors, and weight terminology.
- Students will be able to identify the risk factors of weight gain and key issues for children and parents.

Assessment of Understanding and Learning/ Weekly Assignments *(including but not limited to posting requirements set forth by LILIE, LLC):*

- Post to the discussion board as outlined in the course expectations

- **Week #3 Day #1** Students will read the articles on the signs and symptoms of eating disorders. Students will write in a narrative format the indicators of eating disorders in children. Students will read and select at least one peer post and comment.
- **Week #3 Day #2** Students will read the articles on the consequences of having an eating disorder. Students will write in a narrative format the various consequences of having an eating disorder. Students will read and select at least one peer post and comment.
- **Week #3 Day #3** Students will read the articles on eating disorders and distorted body image. Students will write in a narrative format the relationship between low self esteem and distorted body image. Students will read and select at least one peer post and comment.
- **Week #3 Day #4** Students will read the articles on drug and alcohol relating to eating disorders. Students will write in a narrative format the relationship between eating disorders and substance abuse. Students will read and select at least one peer post and comment.
- **Week #3 Day #5** Students will read the articles on teenage depression relating to eating disorders. Students will write in a narrative format the relationship between eating disorders and depression. Students will read and select at least one peer post and comment.
- **Week #3 Day #6** Students will read the articles on the prevalence and causes of childhood obesity epidemic. Students will write in a narrative format the causes and the prevalence of the childhood obesity epidemic in the United States. Students will read and select at least one peer post and comment.



Week IV

Topic(s):

- Eating Disorder Stories
- Eating Disorder Prevention
- Eating Disorder Intervention Resources
- “HBO DOCUMENTARY: The Weight of Our Nation” Film Discussion
- Parental and adult responsibility
- School responsibility
- Personal responsibility

Objectives:

- To compare various “Eating Disorder stories” among adolescents.
- To examine various methods of how to prevent an eating disorder in our students.
- To assess outside intervention resources for eating disorders and at risk behavior in children.
- To discuss the film HBO DOCUMENTARY: The Weight of Our Nation
- To examine the parental and adult responsibility with regard to childhood obesity
- To assess the school responsibility with regard to childhood obesity
- To recognize personal responsibility with regard to childhood obesity

Impact on Classroom Instruction:

Teachers will gain insight on the various stories that pertain to eating disorders and analyze the various methods of how to prevent an eating disorder in adolescence. Teachers will also examine outside resources to provide intervention for eating disorders among adolescents. Students will create an information guide about obesity, obesity treatment, resources and programs available to educators and students.

Learner Outcomes:

As a result of our assignments this week teachers will be able to:

- Compare the various stories that pertain to eating disorders.
- Analyze the methods of how to prevent eating disorders in adolescence.
- Evaluate the outside intervention resources to treat eating disorders in adolescence.
- Students will be able to understand the importance of weight issues and impact on education.
- Students will be able to define specific aspects of obesity, factors, and weight terminology.
- Students will be able to identify the risk factors of weight gain and key issues for children and parents.

Assessment of Understanding and Learning/ Weekly Assignments (including but not limited to posting requirements set forth by LILIE, LLC):

- Post to the discussion board as outlined in the course expectations
- **Week #4 Day #1** Students will read the articles on “Eating Disorders Stories.” Students will assess the adolescent, the eating disorder and the circumstances that initiated the eating disorder. Students will compare each story and explain the differences and the similarities between each individual case. Students will read the responses of at least one classmate and post a comment.
- **Week #4 Day #2** Students will read the articles on “Eating Disorders Prevention.” Students will reflect and respond in a narrative format. What are the most effective prevention strategies and why? Students will select the responses of at least one classmate and post their comments.
- **Week #4 Day #3** Students will read the articles on outside intervention for eating disorders. Students will write in a narrative format the various resources for outside intervention. Students will read and select at least one peer post and comment.
- **Week #4 Day #4** Students will view the film Weight of Our Nation and write a 1-2 page reaction paper on the film Weight of Our Nation, and how it relates to the material discussed in this course. Please post your responses on the LILIE blackboard for class discussion.
- **Week #4 Day #5** Students will write a personal reflection narrative. Students will comment on how their perception of eating disorders has been influenced by what they have learned in this course. Participants will select one peer response and post their comments.
- **Week #4 Day #6** Students will read the articles on parental and adult responsibility with regard to childhood obesity. Students will write in a narrative format the parental and adult responsibility with regard to childhood obesity. Students will read and select at least one peer post and comment.
- **Week #4 Day #7** Students will read the articles on school responsibility with regard to childhood obesity. Students will write in a narrative format the school responsibility with regard to childhood obesity. Students will read and select at least one peer post and comment.
- **Week #4 Day #8** Students will read the articles on personal responsibility with regard to childhood obesity. Students will write in a narrative format the personal responsibility with regard to childhood obesity. Students will read and select at least one peer post and comment.