

## **BSHND 302: NUTRITION AND PSYCHOLOGY**

### **Course Learning Outcomes:**

- To understand psychology, its types and importance in nutrition
- To abreast the impact of psychological influences on appetite and attitude behavior relationship

### **Content-Theory:**

#### **1. Introduction**

- Psychology and its types,
- classification;

#### **2. Psychology and nutrition adherence**

- Attitude and eating patterns
- the field of cognitive psychology;
- Perception, visualization and eating patterns, errors in perception process

#### **3. Eating disorders**

- diagnosis, assessment and treatment;

#### **4. Face perception**

#### **5. Conceptual model of food choice;**

- Psychological influences on appetite;
- Process over the life course, integration of biological, social, cultural and psychological influences on food choice

#### **6. Understanding behavior:**

- Sensation, sense organs/special organs,
- Attention and concentration,
- Memory and its stages,
- Methods for improvement,
- Types and theories of thinking,
- Cognition and levels of cognition,
- Problem solving and decision making strategies,
- Attitude behavior relationship;

#### **7. Measurement issues, indirect effects of attitude on behavior;**

#### **8. The theory of reasoned action;**

#### **9. Additional variables within the theory of planned behavior;**

#### **10. Personality and intelligence**

#### **11. Stress management.**

### **Teaching-Learning Strategies:**

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

**Assignments:**

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

**Assessments and Examination:**

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

**Recommended Readings:**

1. Blackman, M., & Kvaska, C. (2010). *Nutrition psychology: improving dietary adherence*. Jones & Bartlett Publishers.
2. Booth, D.A. (1994). *The Psychology of Nutrition*. Taylor & Francis Inc., Bristol, PA, USA.
3. Elmes, D.G., Kantowitz, B.H. & Roediger, H.L. *Research Methods in Psychology*, (9<sup>th</sup> ed). Wadsworth Cengage Learning, Belmont, CA, USA.
4. Jane, O. (2010). *The Psychology of Eating: From Healthy to Disorders Behavior*, (2<sup>nd</sup> ed). Wiley Blackwell, John Wiley & Sons Ltd., Chichester, West Sussex, UK.

