

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.

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*, (9th ed). Wadsworth Cengage Learning, Belmont, CA, USA.
4. Jane, O. (2010). *The Psychology of Eating: From Healthy to Disorders Behavior*, (2nd ed). Wiley Blackwell, John Wiley & Sons Ltd., Chichester, West Sussex, UK.