



PSY 352

Appetite: The Psychology of Eating and Drinking

S2 Day 2019

Department of Psychology

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General Information

Unit convenor and teaching staff Dick Stevenson dick.stevenson@mq.edu.au
Credit points 3
Prerequisites (PSY222 or PSY248) and PSY236
Corequisites
Co-badged status
Unit description The need to eat and drink is essential to the survival of all animals. This unit examines the psychology of these activities, with a primarily human slant. In particular, the unit covers the anatomy and physiology of the whole ingestive system; what starts and stops eating; why we like and prefer some foods over others; and the psychobiology of dieting, starvation, obesity, and anorexia/bulimia. The unit adopts a broad perspective, so that the impact of human food choice on health, the economy and the environment, are constantly kept in focus.

Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

Learning Outcomes

On successful completion of this unit, you will be able to:

- Identify the key physiological, sensory and neural processes involved in eating and drinking
- Describe the biological, psychological and social factors that regulate food intake
- Understand the psychopathology of eating and drinking
- Explain the factors involved in the obesity epidemic
- Undertake, evaluate and precisely communicate research on appetitive behaviour

Assessment Tasks

Name	Weighting	Hurdle	Due
<u>Final examination</u>	50%	No	Examination period
<u>Experimental tutorial reports</u>	50%	No	At two time points

Final examination

Due: **Examination period**

Weighting: **50%**

The final exam is 1.5hrs with 60 questions

On successful completion you will be able to:

- Identify the key physiological, sensory and neural processes involved in eating and drinking
- Describe the biological, psychological and social factors that regulate food intake
- Understand the psychopathology of eating and drinking
- Explain the factors involved in the obesity epidemic

Experimental tutorial reports

Due: **At two time points**

Weighting: **50%**

This assessment task is composed of two parts. First, two reports are prepared for submission at the end of the first half of semester. These are worth 20% and receive extensive feedback. Second, a further set of reports are due at the end of semester and are worth 30%. The presumption is that you will be able to benefit from the first set of reports feedback in preparing the second set.

On successful completion you will be able to:

- Undertake, evaluate and precisely communicate research on appetitive behaviour

Delivery and Resources

The course is composed of weekly lectures and tutorials. While lecture attendance is voluntary and tutorials are compulsory, you will likely perform better if you attend both.

Policies and Procedures

Macquarie University policies and procedures are accessible from Policy Central (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-centr>

al). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Grade Appeal Policy](#)
- [Complaint Management Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#) (**Note:** *The Special Consideration Policy is effective from 4 December 2017 and replaces the Disruption to Studies Policy.*)

Undergraduate students seeking more policy resources can visit the [Student Policy Gateway](https://students.mq.edu.au/support/study/student-policy-gateway) (<https://students.mq.edu.au/support/study/student-policy-gateway>). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

If you would like to see all the policies relevant to Learning and Teaching visit [Policy Central](http://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<http://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>).

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/study/getting-started/student-conduct>

Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit ask.mq.edu.au or if you are a Global MBA student contact globalmba.support@mq.edu.au

Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

Learning Skills

Learning Skills (mq.edu.au/learningskills) provides academic writing resources and study strategies to improve your marks and take control of your study.

- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module for Students](#)
- [Ask a Learning Adviser](#)

Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

Student Enquiries

For all student enquiries, visit Student Connect at ask.mq.edu.au

If you are a Global MBA student contact globalmba.support@mq.edu.au

IT Help

For help with University computer systems and technology, visit http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/.

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.

Graduate Capabilities

Creative and Innovative

Our graduates will also be capable of creative thinking and of creating knowledge. They will be imaginative and open to experience and capable of innovation at work and in the community. We want them to be engaged in applying their critical, creative thinking.

This graduate capability is supported by:

Learning outcome

- Undertake, evaluate and precisely communicate research on appetitive behaviour

Assessment tasks

- Final examination
- Experimental tutorial reports

Capable of Professional and Personal Judgement and Initiative

We want our graduates to have emotional intelligence and sound interpersonal skills and to demonstrate discernment and common sense in their professional and personal judgement. They will exercise initiative as needed. They will be capable of risk assessment, and be able to handle ambiguity and complexity, enabling them to be adaptable in diverse and changing environments.

This graduate capability is supported by:

Learning outcomes

- Understand the psychopathology of eating and drinking
- Explain the factors involved in the obesity epidemic

- Undertake, evaluate and precisely communicate research on appetitive behaviour

Assessment tasks

- Final examination
- Experimental tutorial reports

Discipline Specific Knowledge and Skills

Our graduates will take with them the intellectual development, depth and breadth of knowledge, scholarly understanding, and specific subject content in their chosen fields to make them competent and confident in their subject or profession. They will be able to demonstrate, where relevant, professional technical competence and meet professional standards. They will be able to articulate the structure of knowledge of their discipline, be able to adapt discipline-specific knowledge to novel situations, and be able to contribute from their discipline to inter-disciplinary solutions to problems.

This graduate capability is supported by:

Learning outcomes

- Identify the key physiological, sensory and neural processes involved in eating and drinking
- Describe the biological, psychological and social factors that regulate food intake
- Understand the psychopathology of eating and drinking
- Explain the factors involved in the obesity epidemic
- Undertake, evaluate and precisely communicate research on appetitive behaviour

Assessment task

- Final examination

Critical, Analytical and Integrative Thinking

We want our graduates to be capable of reasoning, questioning and analysing, and to integrate and synthesise learning and knowledge from a range of sources and environments; to be able to critique constraints, assumptions and limitations; to be able to think independently and systemically in relation to scholarly activity, in the workplace, and in the world. We want them to have a level of scientific and information technology literacy.

This graduate capability is supported by:

Learning outcomes

- Identify the key physiological, sensory and neural processes involved in eating and drinking
- Describe the biological, psychological and social factors that regulate food intake
- Understand the psychopathology of eating and drinking

- Explain the factors involved in the obesity epidemic
- Undertake, evaluate and precisely communicate research on appetitive behaviour

Assessment tasks

- Final examination
- Experimental tutorial reports

Problem Solving and Research Capability

Our graduates should be capable of researching; of analysing, and interpreting and assessing data and information in various forms; of drawing connections across fields of knowledge; and they should be able to relate their knowledge to complex situations at work or in the world, in order to diagnose and solve problems. We want them to have the confidence to take the initiative in doing so, within an awareness of their own limitations.

This graduate capability is supported by:

Learning outcomes

- Identify the key physiological, sensory and neural processes involved in eating and drinking
- Describe the biological, psychological and social factors that regulate food intake
- Understand the psychopathology of eating and drinking
- Explain the factors involved in the obesity epidemic
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Assessment tasks

- Final examination
- Experimental tutorial reports

Effective Communication

We want to develop in our students the ability to communicate and convey their views in forms effective with different audiences. We want our graduates to take with them the capability to read, listen, question, gather and evaluate information resources in a variety of formats, assess, write clearly, speak effectively, and to use visual communication and communication technologies as appropriate.

This graduate capability is supported by:

Learning outcome

- Undertake, evaluate and precisely communicate research on appetitive behaviour

Assessment task

- Experimental tutorial reports

Engaged and Ethical Local and Global citizens

As local citizens our graduates will be aware of indigenous perspectives and of the nation's historical context. They will be engaged with the challenges of contemporary society and with knowledge and ideas. We want our graduates to have respect for diversity, to be open-minded, sensitive to others and inclusive, and to be open to other cultures and perspectives: they should have a level of cultural literacy. Our graduates should be aware of disadvantage and social justice, and be willing to participate to help create a wiser and better society.

This graduate capability is supported by:

Learning outcomes

- Understand the psychopathology of eating and drinking
- Explain the factors involved in the obesity epidemic

Socially and Environmentally Active and Responsible

We want our graduates to be aware of and have respect for self and others; to be able to work with others as a leader and a team player; to have a sense of connectedness with others and country; and to have a sense of mutual obligation. Our graduates should be informed and active participants in moving society towards sustainability.

This graduate capability is supported by:

Learning outcomes

- Understand the psychopathology of eating and drinking
- Explain the factors involved in the obesity epidemic