

**MODULE TITLE:**

Psychology of food choices

**RESPONSIBLE FOR THE MODULE:**

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POSITION	Senior Lecturer	
SECTOR	Sport and Exercise Psychology	
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CO-INSTRUCTORS	N/A	

**HOURS** (*per week*):

N/A

**LANGUAGE OF TEACHING:**

GREEK [ ]

ENGLISH [✓]

**AIM OF THE MODULE** (*content and acquired skills*)

The current Module aims to create the explain the way humans are making their choices over food and particular food types. After a brief explanation of how we define healthy and unhealthy food choices students will be familiarised with the ways human nutrition as a central behaviour is influenced –mainly- by developmental and psychophysiology factors. The role of hypothalamus is explained with the aim to facilitate the realisation that humans create their choices based on already known nutrition patterns. Students will be also realising how diets work and which are their effects on human psychophysiology. Finally, the module aims to explain how food labels and the traffic light system on packages can potentially promote healthier eating choices.

**MODULE CONTENTS** (*outline – titles of lectures*)

1. Food types and their significance
2. Taxonomies of food
3. Healthy vs. unhealthy food choices
4. Factors influencing our food choices
5. Developmental model of food choices
6. Psychophysiology model of eating behaviour
7. The psychology of dieting
8. Effects of dieting
9. Types of food labels and their significance
10. Critical values on food labels

**TEACHING METHOD** (*lectures – labs – practice etc*)

Lectures and seminar questions on practical application



### LEARNING OUTCOMES

Upon the completion of this module the student will be able to:

1. Realise how human nutrition behaviour is influenced
2. Conceptualise the basic models of human behaviour choices
3. Understand the effects of dieting on the human system
4. Conceptualise the value of food labeling on health promotion
5. Realise the need for retaining healthy eating choices avoiding dieting behaviours

### LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Realise how human nutrition behaviour is influenced;	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
Conceptualise the basic models of human behaviour choices;	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
Understand the effects of dieting on the human system	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
Conceptualise the value of food labeling on health promotion	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
Realise the need for retaining healthy eating choices avoiding dieting behaviours	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
		<b>TOTAL</b>	

### OLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Food Labels (2018). Retrieved on August 10, 2018 from: <https://www.nhs.uk/live-well/eat-well/how-to-read-food-labels/>
2. Montani, J. P., Schutz, Y., & Dulloo, A. G. (2015). Dieting and weight cycling as risk factors for cardiometabolic diseases: who is really at risk?. *Obesity Reviews*, 16, 7-18
3. Schaumberg, K., Anderson, D. A., Anderson, L. M., Reilly, E. E., & Gorrell, S. (2016). Dietary restraint: what's the harm? A review of the relationship between dietary restraint, weight trajectory and the development of eating pathology. *Clinical obesity*, 6(2), 89-100.
4. Erik M. Benau, Jordan Plumhoff & C. Alix Timko (2018): Women's dieting goals (weight loss, weight maintenance, or not dieting) predict exercise motivation, goals, and engagement in undergraduate women: A self-determination theory framework, *International Journal of Sport and Exercise Psychology*.