CPED 573: Fat Studies & Health at Every Size
1 Credit
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CATALOGUE DESCRIPTION
Explores the interdisciplinary field of scholarship in Fat Studies that aims to debunk weight-centric misconceptions and countering mainstream narratives. Examines fat bias, fat shame and weight-based oppression as a social justice issue that intersects with other systems of oppression. Introduction to the paradigm of Health At Every Size, a weight-neutral approach to health promotion that emphasizes size diversity, intuitive eating, and joyful movement. HAES is also an important paradigm in working with people who experience disordered eating.

COURSE STRUCTURE
This course is required for completion of the L&C Eating Disorders Certificate. L&C students may also take the course as an elective. This one-credit course meets on a three Saturdays from 9am to 3pm and includes self-directed and on-line activities outside of the class sessions. The course will balance didactic presentations with potential for group activities, video presentations, and guest speakers.

COURSE OBJECTIVES
At the end of this course, students will be able to:

- understand body size and weight as socially constructed and differences as subject to privilege and discrimination,
- deconstruct dominant discourses on body size and weight
- understanding the role of the dominant discourse in evaluating body size
- critically evaluate the credibility of weight-related claims about health
- deconstruct the idea of health and “obesity”
- learn to use weight neutral approaches to health, especially in the treatment of clients with eating disorders

REQUIRED COURSE READING (other readings may be assigned as instructor discretion)


Barry et al. (2014). Fitness vs fatness on all-cause mortality: A meta-analysis. Progress in Cardiovascular Disease, 56, 382-390.


RECOMMENDED COURSE READING LIST:


Blog Posts

Who is fat enough to be fat? by Your Fat Friend
11 Reasons Why Your Phony Concern for Fat People’s Health Has Got to Stop by Melissa Fabello and Linda Bacon
We Need to Put an End to Fatphobia in Woke Spaces by Melissa Toler
Looking for Myself in Someone Else’s Body by Melissa Toler
Changing the conversation: SCN talks to Gloria Lucas, founder of Nalgona Positivity Pride by Tessa Ray

COURSE REQUIREMENTS AND EVALUATION

In-class participation and presence: 50%
Assignment: 50%

CPSY DEPARTMENTAL ATTENDANCE POLICY

Class attendance is expected and required. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

COURSE SCHEDULE

We will meet on February 1st, 8th, and 15th (Saturdays), 2020 from 9-3:00pm.

COURSE ASSIGNMENTS (may be modified based on instructor discretion)

1. Conduct the following experiments and write a two-page reflection paper (double spaced) about your findings:

   - Choose a restaurant you would like to go to and research whether they have adequate seating to accommodate your body if you lived in a fat body. When you go to the restaurant note what you would need to do to get the seating you would need.
   - Go to Target (or any store that sells “straight” sized clothing and “plus sized” clothing). Notice how many racks of non-plus-sized clothing they have and how many racks of plus sizes they carry. What is the largest size available in the “women’s” and “men’s” sections of the store? Note any other findings.

   *DUE FEBRUARY 15th during our final class. Please come prepared to discuss.*

2. Read one of four books listed below. Write a 2-3 page reflection paper (double spaced) OR record a discussion about the book with classmates that discusses a new concept you learned and whether this book is something you would recommend to clients.
Book list:
Hunger: A memoir of my Body by Roxane Gay
The Body is Not an Apology by Sonya Renee Taylor
Fat Activism: A Radical Social Movement by Charlotte Cooper
Body Respect by Linda Bacon and Lucy Aphramor
Fat Shame: Stigma and the Fat Body in American Culture by A. Farrell

DUE FEBRUARY 21st via email to kdomann@lclark.edu.

NON-DISCRIMINATION POLICY
Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

SPECIAL ASSISTANCE

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.