

# Disordered Eating in Athletes: Training for coaches & other sport professionals

## Learning to use 'Learn'

*A quick navigation guide for this online learning course*

This online continuing professional development (CPD) course is delivered exclusively through Loughborough University's online learning platform – Learn. Learn is an open source Learning Management software called 'Moodle' designed to integrate multimedia, text, interactive features & self-marking assessment functions. This guide will quickly acquaint you with the navigation and assessment features of this course. We hope you enjoy the course & find it easy to navigate if you have any technical issues please get in touch via email.

### Navigation within the course

The course is displayed in sections in order of completion. You can undertake the course at your own pace; completion of a section will unlock the access to the next section until you have completed them all.

Within the 'course overview' you can use the teal shaded tabs to explore summaries of the different sections of the course. This section also explains how to work through the course & undertake the assessment.

The screenshot shows the Moodle course interface. On the left is a navigation menu with sections: 'Navigation' (containing 'NCSEM' and 'SSEHS Active'), 'Administration' (containing 'Module administration' and 'Activity results'), and 'People' (containing 'Participants'). The main content area has a header 'Disordered eating in athletes' and 'Your progress'. Below the header is a 'General' section with a 'Discussion board' link. The 'Course overview' section features a large banner image of athletes and a 'Course overview' button. Below that is an 'Introduction' section with another banner image and an 'Introduction' button.

This screenshot shows the 'Course overview' page. At the top is a banner image of athletes and a 'Course overview' button. Below the banner is a 'Your progress' indicator. On the left is a teal sidebar with a list of modules: 'Introduction', 'Module 1: What are eating disorders?', 'Module 2: Identifying disordered eating', 'Module 3: Approaching an athlete', and 'Module 4: Referral, seeking support and return to play'. The main content area shows the 'Introduction' section with a banner image and an 'Introduction' button. Below the banner is text explaining the introduction's purpose and content, including pre-learning questions and a true or false quiz. A 'Module activities' section lists: 'Short video and text providing a course overview and methods of learning', 'Reflective pre-learning questions', and 'True or false quiz'.

All media plays within the pages – click on the **play** icon.

Hyperlinks are denoted by **Purple text** – they are used to navigate pages/sections within the course & can be found at the top and bottom of the page.

As well as the hyperlinks at the bottom of the page there is a drop down menu to navigate between sections.

The screenshot shows a video player with the title 'Disordered eating in athletes Course introduction'. The video player has a play button and a progress bar. Below the video player, there is a navigation bar with buttons for 'Previous section - introduction', 'Course home', and 'Next section - module 2'. A dropdown menu is open, showing options: 'Main module page', 'Course overview', 'Introduction', 'Module 2: Identifying disordered eating and eating disorders in sport', 'Module 3: Approaching an athlete with a suspected eating disorder', 'Module 4: Referral, seeking support and return to play', 'Module 5 - "Top tips" - Advice for sports professionals', and 'Course completion and resources'. The page also includes a 'Your progress' indicator and a logo for the National Centre for Sport & Exercise Medicine.

## Pre & post course questions

Please select the correct boxes for your answers & then click submit. The true/false quiz has drop down answers, which give you instant feedback on your choices. Remember to mark your progress in the right hand side tick boxes for each section of the course as you move through it.

The pre, post-learning & true/false questions measure how your knowledge & confidence has progressed by undertaking the course. These are not marked however they must be completed. These also help us understand who is accessing the course and why you have chosen to undertake it. This information can help us improve the course & better understand the needs of its participants.

**Pre course questions**

Mode: User's Names Will Be Logged and Shown With Answers

For what reasons have you decided to take this course? Please select all options that apply.\*

- I'm interested in the area and would like to find out more
- I have been told to take this course by my line manager/governing body
- I am aware that eating problems could be an issue among the athletes that I work with, and I would like to develop my knowledge of the area.
- I am currently working with an athlete who has a suspected eating problem and I am unsure of how to manage the issue.
- I have previous experience of working with an athlete with an eating problem and would like to improve my knowledge on how to deal with these issues in case it occurs again.
- Other – please specify.

**True or false quiz**

Let's start by exploring some commonly held beliefs around the presentation, occurrence and causes of eating problems among athletes.

**1** You can tell if an athlete has an eating disorder just by looking at them.  
Is this statement true or false?

True

False

Answer:

1. Clinical eating disorder diagnosis  
Not available unless:  
• The activity Pre course questions is marked complete  
• The activity True or false quiz is marked complete

2. The Eating Spectrum  
Not available unless: The activity 1. The impact of eating problems on athlete health and performance is marked complete

3. Prevalence of eating disorders  
Not available unless: The activity 2. The Eating Spectrum is marked complete

Module 1 Quiz  
Not available unless: The activity 3. Prevalence of eating disorders is marked complete

## Assessment activities within the course

This online course is assessed through the use of quizzes. All activities must be completed to obtain the certificate.

- Each section has a quiz that measures your knowledge of that section. This is a marked activity counting towards your final grade and feedback will be provided for each attempt.
- Vignettes are case-study activities, these contextualise the learning within a real world example. You be asked questions upon these and feedback will be given, within the quizzes.

### Taking a quiz

Select the answers you feel are appropriate, including any text. Each of the section quizzes will be part of your final mark & feedback will be provided for each attempt.

**Module 2 quiz**

Click the "attempt quiz now" button below to start the quiz for module 2. Completing this quiz with a grade of 80% or higher will allow you to progress on to module 3. You can come back and take this quiz at any time and there are no limits on the number of attempts you can take. If you would like to leave now and review the course material before taking the quiz you can use these buttons to do so:

[Course home](#) [Previous activity](#) [Return to module 2](#)

Grading method: Highest grade

[Attempt quiz now](#)

**Question 2**  
Not yet answered  
Marked out of 1.00  
Flag question

Which athlete eating behaviour indicates a potentially abnormal attitude towards food?

Select one:

a. Being quite strict in the type of food they will consume before competition  
 b. Being attentive to the timing and type of food consumed when recovering from training  
 c. Avoiding high fat or 'junk food' during competition season  
 d. Eating a lot before competition to alleviate nervousness

**Question 3**  
Not yet answered  
Marked out of 1.00  
Flag question

Which of the following is **not** a sports specific risk factor for developing an eating disorder?

Select one:

a. Personality characteristics such as perfectionism and anxiety around performance  
 b. Strenuous, fatiguing training sessions  
 c. Experience of stress  
 d. Requirement to wear heavy clothing in training and competition

Question	Status
1	Answer saved
2	Answer saved
3	Answer saved
4	Answer saved
5	Answer saved
6	Answer saved

[Return to attempt](#)

[Submit all and finish](#)

**Confirmation**

Once you submit, you will no longer be able to change your answers for this attempt.

[Submit all and finish](#) [Cancel](#)

[Submit all and finish](#)

<b>Started on</b>	Wednesday, 31 January 2018, 9:56 PM
<b>State</b>	Finished
<b>Completed on</b>	Wednesday, 31 January 2018, 9:57 PM
<b>Time taken</b>	51 secs
<b>Marks</b>	1.00/6.00
<b>Grade</b>	1.67 out of 10.00 (17%)
<b>Feedback</b>	Unfortunately you haven't achieved the grade required to move on to the next module just yet. When you're ready to try the quiz again, come back and select "re-attempt quiz". You can re-attempt the quiz as many times as you like and there are no penalties for multiple attempts.

[Course home](#) [Previous activity](#) [Section overview](#)

# Understanding your mark & feedback

## Module 1 Quiz

Click the "attempt quiz now" button below to start the quiz for module 1. Completing this quiz with a grade of 80% or higher will allow you to progress on to module 2. You can come back and take this quiz at any time and there are no limits on the number of attempts you can take. If you would like to leave now and review the course material before taking the quiz you can use these buttons to do so:

[Course home](#)
[Previous activity](#)
[Return to module 1](#)

Grading method: Highest grade

The marked section quizzes form part of the final grade to pass the course. The quiz outline will tell you what mark you need to get to pass.

After taking a quiz you will have an option to review your mark. Here you will be given feedback & you will be shown the correct answer(s). Your responses will be shown as **incorrect, partially correct, or correct.**

**Question 5**  
Correct  
Mark 1.00 out of 1.00

Among which demographic are eating disorders most common?

Select one:

- a. Men aged over 25 years
- b. Women aged over 25 years
- c. Women aged between 15-25 years
- d. Men aged between 15-25 years

Your answer is correct.

The correct answer here is Women aged between 15-25 years. Eating disorders tend to develop during adolescence and are more common in females than males. That said, eating disorders can also affect men.

The correct answer is: Women aged between 15-25 years

If the answer is **correct** you will receive 1.00 out of 1.00.

**Question 4**  
Partially correct  
Mark 0.50 out of 1.00

In which of the eating disorders are self-esteem and self-worth affected?

Select one or more:

- a. Anorexia Nervosa ✓
- b. Bulimia Nervosa ✓
- c. Binge Eating Disorder
- d. Other specified feeding or eating disorder

Your answer is partially correct.  
You have correctly selected 2.

If the answer is **partially correct** you will receive a weighted mark out of 1.00.

**Question 6**  
Incorrect  
Mark 0.00 out of 1.00

Up to what percentage of elite athletes meet the criteria for a clinical eating disorder?

Select one:

- a. 15% female and 10% male
- b. 40% female and 8% male ✗
- c. 8% female and 20% male
- d. 20% female and 8% male

Your answer is incorrect.

If the answer is **incorrect** you will receive 0.00 out of 1.00.

If you did not achieve the required mark to pass the section, you can take the quiz again once you have reviewed your answers and feedback.

<b>Started on</b>	Wednesday, 31 January 2018, 9:56 PM
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<b>Feedback</b>	Unfortunately you haven't achieved the grade required to move on to the next module just yet. When you're ready to try the quiz again, come back and select "re-attempt quiz". You can re-attempt the quiz as many times as you like and there are no penalties for multiple attempts.

[Course home](#)
[Previous activity](#)
[Section overview](#)