

<p>Course Name: HLTH 430/3.0 Critical Weight Studies</p>	<p>Course Instructor: Dr. Andrea Reid</p>	<p>Contact Hours: Lectures: 1 x 3 hrs/wk / 12 weeks</p> <p>Prerequisite: Level 3 or above in a (HLTH Major or Joint Honours) Plan or Level 3 or above in a KINE Plan HLTH 333/3.0 or HLTH 334/3.0</p> <p>Exclusion: None</p>
<p>Course Description:</p> <p>Fatphobia is pervasive, communicated and reinforced through cultural discourses, architectural structures, and through dominant understandings of health. Bodies that align with cultural ideals of thinness are often seen as 'healthier', more 'responsible', and more 'productive' than bodies who deviate from those norms. In this course, we will consider alternatives to the dominant biomedical discourse that problematically understands large body size strictly through a "health risk factor" lens. We will use the term "fat" because it is a descriptive term, like short or tall, rather than the terms "overweight" and "obese," both of which reflect medical conceptions of body size. Drawing on a range of theories such as feminism, healthism, and Foucauldian governmentality, we will make connections between fatphobia, sexism, racism, and colonization and we will engage with scholars and activists who are working to create different kinds of worlds.</p> <p>The field of Fat Studies challenges the dominant belief system about weight. Due to the pervasive nature of fat-phobia in our society, we all absorb fat-hating beliefs, stereotypes, and assumptions. While fat-phobia is all around us, we are each responsible for recognizing the size prejudices that we hold and for the size-related statements and actions we make in the world, which either reproduce or resist the dominant anti-fat discourse. Therefore, learning to connect the personal with the structural and engaging reflexively with our own ideas and actions is a key part of this course. Fat Studies requires us to examine and challenge our beliefs and moral positions about size and to understand our own place in a weight-based system of privilege and oppression.</p>		<p>Course Texts/Readings:</p> <p>Required Texts: <i>You Have the Right to Remain Fat</i> by Virgie Tovar. Available online for \$22.50. All other readings will be made available via OnQ.</p>

Learning Outcomes:

By the end of this course, students will be able to:

- Critically engage with biomedical understandings of body weight and size by applying critical perspectives. This entails stepping away from the usual, biomedical framework within which we usually discuss weight, and learning to ask cultural questions instead. For example, instead of asking what causes obesity, we will be exploring the implications of thinking about body size only in terms of health and we will consider other ways of understanding body size.
- Apply different theoretical approaches to studying body size, including social constructionism, feminism, Foucauldian governmentality, critical race theory, postfeminism, and masculinity theory.
- Analyze your own position in our system of weight-based privilege and oppression.
- Identify and analyze the multiple ways in which our society reproduces fat-phobia and fat-hatred.

Course Evaluation:

Participation/Exit tickets	20%
• Diary of a day	5%
• Critical Reflection	15%
• Two Post-class reflections	20%
• Proposal/Annotated Bibliography	10%
• Final essay or Creative project	30%

Course Outline

Introduction	Body Size and Health
What about health? Theoretical Foundations	Racialized Fatness
Re-thinking 'Obesity' and the BMI	Fatness & Disability
Medicalized Fatphobia	Fatness and Physical Activity
Fatphobia in the Physical Environment	Body Positivity
Is there a Right Way to be Fat?	Reproduction, Pregnancy, and Fatness
Discussion of You Have the Right to Remain Fat	Men, Masculinities and Fatness – Tech Bros and Biohacking
Fat Oppression and Social Justice	