

# Miami-Dade Community College

## HLP 1083 – Weight Management

**Course Description:** This course is designed for students to develop an understanding of the role of exercise and nutrition as it applies to the implementation of a weight management plan.

General Education Electives – 3 credits (3 hour lecture)

No Prerequisites

No Gordon Rule

### **Course Competencies:**

**Competency 1: The students will identify and analyze their current physical nutritional status by completing the following assessment techniques and comparing them to standard health norms:**

- ❖ Body Composition
- ❖ “Dine Healthy” Computer Analysis
- ❖ Cardiovascular/Respiratory Evaluations
- ❖ Strength/Flexibility
- ❖ Resting Metabolic Rate

**Competency 2: The students will demonstrate knowledge of a safe and effective way to manage weight by:**

- ❖ Describing the principle of aerobic and anaerobic training
- ❖ Identifying the function and values of essential nutrients
- ❖ Selecting foods for their nutritional values
- ❖ Explaining the importance of creating an energy balance for weight maintenance
- ❖ Distinguishing a variety of risk factors relating to obesity, eating disorders, and other related nutritional diseases
- ❖ Critiquing popular diet fads
- ❖ Modifying nutritional and exercise requirements for special populations
- ❖ Planning healthy menus
- ❖ Proper diet from a multicultural perspective

**Competency 3: The students will develop an understanding of the recommended nutritional and training techniques necessary to initiate a life long program of weight management by:**

- ❖ Developing and implementing aerobic and anaerobic workouts
- ❖ Following ACSM guidelines for exercise prescription
- ❖ Following AHA, ACA, USDA, ADA and the CDC guidelines for nutrition

Competency 4: The students will document and reassess their modifications of eating and exercise behaviors through the use of nutrition and training journals by:

- ❖ Recording all daily caloric expenditure during aerobic and anaerobic workouts
- ❖ Reassessing body compositions and body weight to re-evaluate the progress of their exercise program
- ❖ Listing and analyzing a seven day nutritional plan using the Dine Healthy Computer Program
- ❖ Comparing the pre and post nutritional plan for food selection improvement