



Course Description

HLP1083 | Weight Management | 3 Credits

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.

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 by:

- Managing Body Composition
- Identifying “Dine Healthy” Computer Analysis
- Monitoring Cardiovascular/Respiratory Evaluations
- Visualizing Strength/Flexibility
- Evaluating Resting Metabolic Rate

Learning Outcomes:

- Communication
- Critical Thinking
- Ethical Issues
- Information Literacy
- Numbers / Data
- Social Responsibility

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

Learning Outcomes:

- Communication
- Critical Thinking
- Ethical Issues
- Information Literacy
- Numbers / Data
- Social Responsibility

Competency 3:

The students will develop an understanding of the recommended nutritional and training techniques necessary to initiate a lifelong program of weight management by:

- Developing and implementing aerobic and anaerobic workouts
- Following ACSM guidelines for exercise prescription
- Following AHH, ACA, USRDA, ADA, and the CDC guidelines for nutrition

Learning Outcomes:

- Communication
- Critical Thinking
- Ethical Issues
- Information Literacy
- Numbers / Data
- Social Responsibility

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

Learning Outcomes:

- Communication
- Critical Thinking
- Ethical Issues
- Information Literacy
- Numbers / Data
- Social Responsibility