

Miami-Dade Community College
DIVISION OF BIOLOGY, HEALTH AND WELLNESS

HLP 1083
WEIGHT MANAGEMENT

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. An analysis of current health status will be determined through a series of evaluation techniques and the student will then be assisted in developing an individualized weight management program and a plan for life style modification.

The course involves lecture, discussion, and laboratory. An important aim of the course is to make the individual more aware of his/her daily dietary and exercise habits and the implications that it may have for his/her future.

STUDENT PERFORMANCE OBJECTIVES

1. Demonstrate an interest in mastering the information taught by:
 - a. attending class regularly and promptly (no more than four hours of absences - more than four hours of absence may drop the final course grade one or more letter grades).
 - b. voluntarily reading literature related to the course topics, attending lectures or seminars, and/or viewing subject related programs on television, video taped, selected films, and participation in class discussion.
 - c. spending leisure time involved in recreational activities, exercise, and/or sports activities and keeping a log of the activities.
 - d. participating in lab activities, other than normal class meetings.
 - e. coming to class appropriately attired for participation in lab activities.

2. Demonstrate knowledge of:
 - a. current nutritional and fitness status by completing the following assessments and comparing them to standard health norms: body composition, "Dine Healthy" Computer Analysis, Cardio-respiratory Evaluations, Strength/Flexibility, Resting Metabolic Rate.
 - b. safe and effective ways to manage weight by:
 1. describing aerobic and anaerobic training principles
 2. identifying values and functions of essential nutrients
 3. selecting healthy foods for their nutritional values
 4. explaining the importance of creating an energy balance for weight maintenance
 5. recognizing risk factors relating to obesity, eating disorders, and related nutritional diseases
 6. critiquing popular diets, diet aids
 7. modifying nutritional and exercise requirements for special populations
 8. planning healthy meals, food selection for restaurant eating, shopping

- c. nutritional and exercise training guidelines and techniques necessary to initiate a life long program of weight management by:
 1. developing and implementing aerobic and anaerobic workouts
 2. following the American College of Sports Medicine guidelines for exercise
 3. following the American Heart Association, US Recommended Daily Allowance, American Dietetic Association, US Dept. of Agriculture and the Center for Disease Control guidelines for sound nutritional habits.
 - d. his/her current nutritional status by analyzing eating habits for total calories, protein, carbohydrates, fats, vitamins, minerals, fiber, and fluid intake.
 - e. the correct method for developing strength, flexibility, and cardiovascular fitness.
 - f. the method for determining one's target heart rate and the importance of attaining one's target heart rate zone during exercise.
 - g. selected terminology pertinent to the course testing, exercise programs, and lecture materials.
3. Demonstrate the ability to:
- a. document and reassess one's modifications of eating and exercise behaviors through the use of nutrition and training journals by:
 1. listing and analyzing a seven day nutritional plan using a Nutritional Computer Program
 2. comparing the pre and post nutritional plan for food selection improvement
 3. recording all daily calorie expenditure during aerobic and anaerobic workouts
 4. reassessing body composition and body weight to re-evaluate the progress of their exercise program
 5. use designated laboratory equipment to assess individual health, and fitness status, (i.e. treadmill, bike, exersentry, spirometer, dynamometer, stethoscope, sphygmomanometer, caliper, tape measures, height/weight scale, pulse monitors)
 6. participate in selected laboratory activities for the development of one's health and fitness (i.e. walking, jogging, cycling, rope jumping, aerobic dance, swimming, weight training, toning, stretching, etc.)
 7. assess the effectiveness of physical activities by using selected methods to monitor heart rate and blood pressure.
 8. make recommendations for modifications to Nutrition and Exercise programs as necessary based on progression and individual needs.

REQUIREMENTS FOR THE STUDENT:

Textbook: In Pursuit of Fitness, 2nd edition: by Stokes, Schultz, and Rothstein

THE GRADING SCALE WILL BE DISTRIBUTED BY THE INSTRUCTOR

REMINDERS:

1. Deadline for withdrawal with 100% refund _____ to receive "W" _____
2. Instructors Name _____ Phone _____ Office _____
3. Instructors Office Hrs. _____

GRADING SCALE

90 - 100	A
80 - 89	B
70 - 79	C
60 - 69	D

- * All work turned in must be Typed.
- * All work is expected to be completed by required date and at a college level.
- * Work not turned in by the due date will not be accepted.
- * There are no make ups for quizzes.
- * Final Exam will be given as scheduled during Final Exam Week.

Each student is expected to participate in class activities (exercises) to his/her best ability. Individual needs will be consider and the exercises will be modified accordingly.

REQUIREMENTS

#2 pencils for Quizzes
Appropriate clothing for class participation
Folder
Log Book