

Course discipline/number/title: HLTH 1108: Weight Management through Nutrition and Fitness

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course explores weight management without dieting as a negative aspect, but instead a positive behavior for optimal nutrition, and the implementation of exercise as a lifestyle choice. It is designed for students to acquire the basic principles for understanding proper nutrition and fitness principles, by utilizing behavioral analysis and application of personal results, to develop and implement individualized weight management plans.

C. DATE LAST REVISED (Month, year): February, 2021

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Introduction to Health, Wellness, Fitness Lifestyle Choices
2. Health Behavior Change Plan Development and Strategies for Change
3. Body Composition Assessment
4. Energy and Nutrients Sources and Expenditure
5. Healthy Eating Plans Assessment
6. Physical Activity Benefits, Strategies and Training Principles
7. Cardiorespiratory Fitness Assessment and Development of a Cardio Program
8. Strength Training Assessment and Development of a Strength Training Program
9. Flexibility Assessment and Low-Back Fitness Principles
10. Stress Management and Relaxation Strategies
11. Screening, Prevention and Risk Factors of Chronic Diseases
12. Infectious Disease Risk Assessment
13. Effects of Substance Use and Abuse

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. List the factors, besides genetics, that have contributed to the increase in overweight and obesity.
2. Define terms: overweight and obesity and describe weight-related health risks.
3. Identify the main health risks of excess weight/body fat.
4. Identify types and methodologies of body weight and body composition assessment.
5. Assess various approaches to weight loss management.
6. Identify and describe the symptoms and dangers associated with eating disorders.
7. List the basic nutrients necessary for a healthy body and describe their functions.
8. Explain how to interpret the nutritional information on food labels.
9. Identify and describe the benefits of an active lifestyle.
10. Apply various approaches of lifestyle and weight management to own wellness plan.
11. Design a personal plan for sensible weight management and a healthy lifestyle.
12. Develop a plan to modify personal risk factors for infectious diseases.
13. Evaluate the role of substance use and/or addictive behaviors.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Participation/Attendance
2. Labs for weight management analysis of eating behaviors, habits, content, and activity patterns
3. Discussions
4. Quizzes/Written exams

- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s):
Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

- I. SPECIAL INFORMATION (if any): None