

HLED-1225 WEIGHT MANAGEMENT & EXERCISE 3 CREDITS

SYLLABUS

CATALOG DESCRIPTION

This course examines the relationship between exercise, weight management, and nutrition in the prevention of obesity and chronic disease. Students are instructed in proper resistance training exercise technique and the fundamentals of cardiovascular training for the purpose of weight loss and weight management. In addition, this course explores the impact of stress and sleep while providing students with useful strategies for lifestyle and behavior modification.

Prerequisites: None

Semester Offered: Fall, Spring

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts. Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

1. Display an understanding of the influence of weight management in the prevention of obesity and chronic diseases.
2. Gain knowledge and awareness of the importance of body composition for both weight management, fat loss, and the prevention of chronic diseases.
3. Develop an understanding of the various body composition techniques and their limitations through practice and personal experience.
4. Experience and implement a variety of assessments for the purpose of evaluating one's musculoskeletal fitness, cardiovascular endurance, flexibility and mobility, nutritional habits, and stress management.
5. Demonstrate an understanding of proper cardiovascular training and how to design appropriate cardiovascular training programs for the purpose of aerobic endurance or weight management.
6. Demonstrate effective resistance training exercise technique utilizing a variety of modalities including weight machines, free weights, stability balls, kettlebells, and resistance bands.
7. Display the ability to design personalized resistance training programs to develop strength, endurance, or for the purpose of fat loss and weight management.
8. Express an understanding of the basic principles of nutrition that aid in weight management and fat loss.
9. Identify the role of the primary macronutrients and micronutrients in the diet.
10. Demonstrate an understanding of the laws of thermodynamics and how they apply to energy balance and weight management.
11. Understand the role and impact of sleep and stress on weight loss and weight maintenance.
12. Apply various behavior modification strategies to aid in weight management and overall healthy lifestyle.