



HLED 1225 Weight Management & Exercise section name section credit
hours Credits
Syllabus

Course Information

Meeting times and location: section meeting_times section location

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: course prereqs

Terms offered: Fall and Spring

Section-specific Course Description:

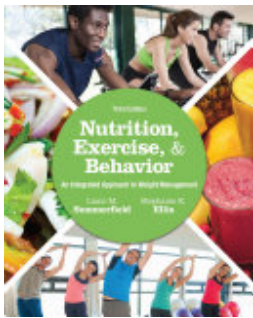
Course Level Objectives

1. Identify the biological, social, environmental, and societal factors that affect weight management
2. Display an understanding of the influence of weight management in the prevention of obesity and chronic diseases.
3. Gain knowledge and awareness of the importance of body composition for both weight management, fat loss, and the prevention of chronic diseases.
4. Develop an understanding of the various body composition techniques and their limitations through practice and personal experience.
5. 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.
6. Demonstrate an understanding of proper cardiovascular training and how to design appropriate cardiovascular training programs for the purpose of aerobic

endurance or weight management.

7. Demonstrate effective resistance training exercise technique utilizing a variety of modalities including weight machines, free weights, stability balls, kettlebells, and resistance bands.
8. Display the ability to design personalized resistance training programs to develop strength, endurance, or for the purpose of fat loss and weight management.
9. Express an understanding of the basic principles of nutrition that aid in weight management and fat loss.
10. Identify the role of the primary macronutrients and micronutrients in the diet.
11. Demonstrate an understanding of the laws of thermodynamics and how they apply to energy balance and weight management.
12. Understand the role and impact of sleep and stress on weight loss and weight maintenance.
13. Apply various behavior modification strategies to aid in weight management and overall healthy lifestyle.

Required Texts and/or Materials



Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management

9781305465435

Liane M. Summerfield

Cengage Learning

2015-01-01

3rd edition

Required Technology and Software

- Canvas
- Chrome, Safari, or Firefox

Technical Support

Technical support is available through the San Juan College Help Desk 24/7/365. The help desk can be reached at 505-566-3266 or by creating a ticket at [San Juan College Help Desk](#).

For tickets and password reset: [San Juan College Help Desk](#)

For Canvas support information: [Canvas Support](#)

Accessibility/Privacy Policies for all Technology Tools Used

[Accessibility/Privacy Policies for all Technology Tools Used](#)

Course Requirements

Students will engage in various activities and assignments throughout the semester as determined by each individual instructor. Activities may include but are not limited to the following:

- Weekly assigned readings
- Viewing recorded & narrated lectures
- Participating in discussion board conversations
- Chapter homework review assignments
- Chapter quizzes
- Exams including a midterm and final
- Projects including group-based assignments
- Required practical skills testing

COVID Safe Practices for Being on Campus

Masks / cloth face coverings must be worn while on campus in accordance with the New Mexico public health order. If you feel that you cannot wear a mask due to health complications, please contact Disabilities Services:

disabilityservices@sanjuancollege.edu or call (505) 566-3271. Hand sanitizer stations are at all building entrances, please “wash in, wash out”--clean your hands when you enter and before you leave. Classrooms and labs have been arranged to allow for social distancing; please respect your classmates and instructors by staying 6 feet away from everyone. You will be expected to disinfect your table or area prior to class and after class, cleaning products will be provided for this purpose. Check with your instructor for specific policies for their course. Please do not congregate in hallways or common areas, instead utilize our beautiful outside spaces and weather to visit with your friends and colleagues from a safe distance.

If you have been in contact with anyone who has tested positive for COVID-19, has symptoms, or is waiting on test results, contact your instructor and DO NOT come to class. If you have tested positive, have symptoms or are waiting on test results, contact

your instructor and DO NOT come to class. Your health care provider or the assigned contact tracer will let you know when it is safe for you to be around others.

Student Support

Student Services and Support

The Student Support webpage provides information on counseling, tutoring, technical support, and many other support services available to San Juan College students.

[Student Support](#)

Academic Support

Academic Support webpage provides information on academic advising, the library, Testing Center, and the honors program.

[Academic Support](#)

Participation and Attendance Policy

Students are expected to attend each class period in an in-person or online synchronous format. For online classes, students are expected to log into the class regularly for each week of the semester. The specific requirements of the attendance policy for the class will be established individually by each instructor.

Other Classroom Policies and Expectations

Other classroom policies and expectations will be set by each instructor.

Canvas Participation and Expectations

Canvas participation and expectations will be set by each instructor.

Instructor Response Time

The instructor response time and available office hours will be established by each instructor.

Course Time Commitment

The standard course time commitment is 6-9 hours outside of class for a 3-credit in-person course and 9-12 hours per week for an online course.

Grading

Grading will be determined by each individual instructor. Some instructors may choose to use weighted grading while others may calculate grades based on a total number of points. Grades will be based on one's academic performance relative to the required assignments.

Key Dates to Remember

[Full Academic Calendar](#)

Course Schedule

The course schedule will vary from semester-to-semester and be established by each instructor. In-person synchronous classes may be scheduled in either a weekly or daily format. Online classes are typically scheduled in a weekly format. The specific schedule is determined by each instructor.

College Policies

The following information also applies to your work in this class. If you have special needs for campus emergency situations, please inform me immediately.

1. **Academic Accommodations - American with Disabilities Act (ADA)**

If you believe you need academic accommodations due to physical or learning disabilities, you are encouraged to inform them as soon as possible. The coordinator can work with you in verifying your disabilities and developing accommodation strategies. Please go to [Disability Services Office](#), click the button for "Request for Services" and complete all the steps.

You can also contact the college's disability coordinator in the Advising/Counseling Center at 566-3271 or disabilityservices@sanjuancollege.edu. More information is available on the website listed above.

2. **The Family Educational Rights and Privacy Act (FERPA)**

Your personal information and grade are confidential. Aside from routine reporting to the college required for this course, I will not share such information with

anyone unless I have your permission.

3. Academic Honesty Rules

San Juan College expects all students to adhere to the [Academic Honesty Rules](#) as posted online. These are the official guidelines for all classes at San Juan College (July 2006).

4. Student Conduct Statement

College is preparation for professional opportunities, and professional conduct is expected in courses, including online classes, as well as any written communications, and interactions with members of the college community. As part of our learning community, students are expected to interact and communicate in a mature, respectful, thoughtful, and supportive manner. Students who demonstrate disrespectful, hostile, belittling, bullying or other disruptive behavior will be subject to potential consequences and possible dismissal from the college. The college will take appropriate action when students demonstrate threatening behavior (to others or self). Students should refer to the Code of Conduct in the Student Handbook for additional information.

5. Student Safety

Keeping students safe is a priority, and part of that is ensuring that we have the ability to communicate emergency messages – whether for school closures due to weather or for more or urgent situations. Rave is San Juan College’s emergency messaging system. Through your SJC student email, you will automatically receive email messages, however, it is also vital that you receive text messages. In order to receive the messages, you must register in a simple process with [Rave](#). When registering, please make sure that your mobile status is “confirmed.”

The Department of Public Safety is available 24 hours per day. In an emergency, they can be accessed by calling 215-3091 or 566-3333.

In the event of an emergency, a Rave message will be sent, and depending on the situation, you will be instructed to do one of the following:

- Evacuate the building
- Shelter in place (Campus doors are locked, and operations continue as normal. During this situation, no one other than law enforcement is allowed in or out of the campus.)
- Lockdown (Campus doors are locked. All operations cease, and you should take cover in your immediate area. No one other than law enforcement is allowed in or out of the campus.)

6. Non-Discrimination, Sexual Harassment, and Retaliation.

San Juan College does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity, national origin, disability, age, genetic, veteran’s status, or on the basis of any other category protected under federal, state and local laws. If you have experienced sexual harassment, sexual assault,

or any other form of protected class discrimination, we encourage you to make a report. If you report to a faculty member, she/he/they are obligated by policy to share knowledge, notice, and/or reports of harassment, discrimination, and/or retaliation with the Title IX Coordinator. These disclosures include but are not limited to reports of sexual assault, dating/domestic violence, and stalking. You may also make a confidential report to a SJC Counselor. Please refer to San Juan College's [Title IX](#) site for further details.

San Juan College's Title IX Coordinator is Stacey Allen, Assistant Director of Human Resources/Equity, Diversity, and Inclusion Officer. The office is located at the Educational Services Center Building, 2nd Floor, Human Resources, Room 4243 at (505) 566-3515 or allens@sanjuancollege.edu.

7. **Drop for Non-Attendance and/or Non-Participation**

Class Attendance and Participation Expectation:

Face-to-Face -- Students are expected to attend and participate in class regularly. Any student missing more than 10% of consecutive class time, (For example, in a regular 15-week class that meets twice a week, this equates to the student missing 3 consecutive classes) without consultation with the instructor may be considered as having abandoned the course.

On-line -- Students are expected to participate regularly and submit all course assignments, based on the course guide definition. A student who does not submit any assignments during a consecutive 10% of the course (1.5 weeks of a 15-week semester) without consulting the instructor, may be considered as having abandoned the course. Logging in does not meet the attendance standard.

Competency-Based Education Classes -- Students are expected to have regular and substantive interactions with their instructor and to actively work on course content. A student who has not submitted coursework, nor had substantive interactions with the instructor over a consecutive 10% of the term, without the instructor's prior approval, will be considered to have abandoned the competency progression. Last date of attendance will be recorded as the last date that coursework was submitted or that the student met with the instructor. For on-line learners, logging in does not meet the attendance standard.

8. **Failure to Meet Class Participation Expectation:**

Students who fail to meet participation expectations will have their last date of

attendance recorded. This date will be used to recalculate any financial aid received/veteran's benefits received, and the student may be required to repay the institution/government. If the student does not drop the course, an 'X' grade will be recorded. An 'X' grade impacts the grade point average the same as an 'F'.

9. Grading Policies

Incomplete: Incomplete Grade Assignment ([Incomplete Grades Information](#))

The grade of I (Incomplete) is given for passing work that could not be completed during the semester because of circumstances beyond the student's control. Ordinarily, the assignment of an I is given by the course instructor at the time final grades are due

In no case is an I grade to be used to avoid assignment of D or F grades for marginal or failing work or to require a student to enroll in the class the next semester because work was not completed on time. Circumstances warranting the issuance of an I grade must be beyond the student's control and must be documented on the appropriate form prior to approval.

I grades can be removed only during the subsequent 16 weeks from the end of term, or within the time limit set by the instructor. Removal of an I is accomplished by completing the work in a manner acceptable to the instructor. Re-enrollment in the course under the repeat option does not remove the prior grade of I. Students should not re-enroll for the course. An I not made up within 16 weeks or within the time limit set by the instructor will change to an F grade thereafter and cannot be changed by work completion.

10. Grade Appeals

The policy for grade appeals is in the Academic Catalog. ([Grade Appeal Policy](#))

Student Handbook

The Student Handbook provides information on Student support, student organizations, and San Juan College policies.

[Student Handbook](#)