



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.

Terms offered: Fall and Spring

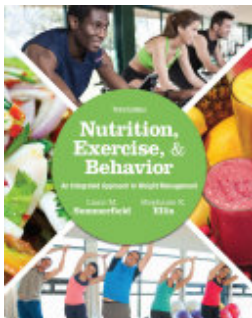
Section-specific Course Description:

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

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

Other Classroom Policies and Expectations

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

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.

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.

Canvas Participation and Expectations

Canvas participation and expectations will be set by each instructor.

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.

Instructor Response Times & Regular Interaction Expectations

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

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.

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 password reset and Canvas support, visit the [Student Technology Guide](#) website.

Accessibility/Privacy Policies for all Technology Tools Used

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

Student Support

At San Juan College, we are committed to supporting your academic success and overall well-being. We recognize that college life can be challenging and stressful, impacting both learning and personal

health. We are here to help you succeed.

Academic Support and Resources

We provide a range of academic support services to help you stay on track on your educational journey. Free resources include tutoring, computer loans, life skills workshops, and so much more. Visit the [Academic Support and Resources](#) webpage to learn more about support and resources available through Academic Advising, the Tutoring Center, the Student Resource Center (formerly Student Achievement Center) and the Testing Center.

Student Support and Resources

If you or someone you know could benefit from counseling, accessibility services, career exploration, veteran transitional assistance, or any of our other support services, visit the [Student Support and Resources](#) webpage where you'll find detailed information about various resources available to you as an SJC student.

We encourage you to take advantage of these free resources to enhance your college experience and ensure your success.

College Policies and Resources for Current Students

The [Student Handbook](#) provides information on student support, student organizations, and student conduct policies at San Juan College.

The San Juan College catalog outlines the [Academic Policies](#) students need to know.

Healthy and Safe Practices for Being on Campus

We want a healthy and safe campus for students, faculty, staff, and guests.

Contagious diseases and your responsibility:

If you have COVID-19 symptoms, fever, flu or even the common cold, you should stay home. Do not come to campus if you are feeling sick. Contact your instructor about missing class (and review your instructor's policies on missed or late work). Being sick does not necessarily excuse you from completing your work on time.

Safety on campus and your responsibility:

If you are on campus and experience or witness an emergency, call 9-1-1 first and then the Department of Public Safety at 505-566-3333 (or just 3333 if calling from a campus phone).

When you are on campus, be aware of your surroundings. If you need an escort to your vehicle, call 505-566-4444 (DPS non-emergency line) or 505-215-3091 (officer on duty line).

The College will send information for campus emergencies through SJC AlertAware, email and the webpage. Stay informed and stay safe.

Inclement Weather Information

Students will receive notification of class delays and cancellations due to inclement weather via the SJC AlertAware and SJC student email. Face-to-face classes will not meet in person; however, students are advised to check with instructors about alternative meeting options, as some may choose to meet via zoom. Hybrid classes will meet as scheduled via zoom. For questions regarding your class delay or cancelation, please contact your instructor.

Online Course Fee

Online Courses - San Juan College requires all online courses to include some form of assessment to demonstrate the mastery of course objectives. This could include exams, capstone projects, e-portfolios, presentations, final papers or other appropriate assessments. The use of a proctoring platform, plagiarism detection software or other method to ensure that assessments are completed by the enrolled student is required.

A course fee of \$5.00 is assessed for all online courses at San Juan College to cover the cost of the above services. Students who are required to take a proctored exam and choose to use a physical testing center outside the SJC Testing Center or SJC Disability Services will be responsible for the cost of using that center.