

COURSE OUTLINE

HEED-102

Introduction to Weight Management

1 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with the knowledge and means for developing a personal weight control plan. The course will examine commercial diet programs, fad diets, and effective weight loss strategies. The student will have the opportunity to assess their own body composition, and will study the role body composition and weight have in health/wellness. (1 hour weekly)

A liberal education prepares students to lead ethical, productive, and creative lives and to understand how the pursuit of lifelong learning and critical thinking fosters good citizenship. General education courses form the core of a liberal education within the higher education curriculum and provide a coherent intellectual experience for all students by introducing the fundamental concepts and methods of inquiry in the areas of mathematics, the physical and natural sciences, the social sciences, the arts and the humanities, and composition. This course is part of the general education core experience at Howard Community College.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Describe what body composition is, and the role it plays in health/wellness.
2. Identify the advantages and disadvantages of commercial diet programs and plans.
3. Explain how body composition is assessed.
4. Develop a personal weight control plan.
5. Explain the role exercise plays in weight control.
6. Identify and describe the hazards of weight loss, including diseases/conditions that can arise from it.

Major Topics

1. Body composition, weight, and weight control
2. Commercial weight loss programs
3. Strategies for weight control

Course Requirements

Grading/exams:

Grading procedures will be determined by the individual faculty member but include the following:

- ◆ Attendance
- ◆ Participation
- ◆ Written tests
- ◆ Class presentation
- ◆ Personal Weight Control Plan

Writing:

This class will require in its assignments, class presentation, and personalized weight control plan.

Other Course Information

This course is an Interdisciplinary and Emerging Issues core course.