

Common Course Outline
HLTH 250
Weight Reduction and Management
3 Credits

Community College of Baltimore County

Description

HLTH 250 – Weight Reduction and Management explores the causes, pathological implications, treatments and prevention of weight problems. An individualized approach is emphasized as each student will evaluate his or her own lifestyle behaviors, eating patterns, body composition, fitness level, and overall health status.

3 Credits

Prerequisites: ACLT 052 or ACLT 053 and MATH 083

Overall Course Objectives

Upon completion of this course students will be able to:

1. identify unhealthy lifestyle behaviors;
2. recognize the physical, social, emotional, cultural, and spiritual influences upon health behaviors;
3. apply basic nutritional principles and concepts;
4. construct healthy eating patterns and meal plans;
5. explain principles, concepts and current theories of metabolism;
6. evaluate popular weight loss or weight gain programs;
7. compare the effects of healthy and unhealthy eating patterns;
8. measure and evaluate body composition physically, historically and culturally;
9. explain healthy patterns of weight gain;
10. identify patterns of eating disorders; and
11. evaluate fitness programs and their role in weight management.

Major Topics

- I. Fitness and body composition evaluation
- II. Unhealthy eating patterns
- III. Nutritional principles and concepts
- IV. Meal plans
- V. Metabolism
- VI. Popular diet plans
- VII. Exercise and fitness
- VIII. Behavior modification

Course Requirements

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

Grading/exams

- A minimum of two (2) written examinations
- Attendance and active participation
- Pre & post fitness evaluations
- At least one (1) computerized nutritional analysis
- At least one (1) oral presentation
- At least two (2) written assignments

Written Assignments: Students are required to use appropriate academic resources.

Other Course Information

This course requires strenuous physical activity. This course may be taken as an elective or as part of the health education major.

A lab fee of \$30.00 is included to cover pre and post fitness testing.