

Common Course Outline
HLTH 250
Weight Reduction and Control
3 Semester Hours

The Community College of Baltimore County

Description

Weight Reduction and Control

Surveys the causes, pathological implications, treatments and prevention of weight problems; emphasizes an individualized approach as each student will evaluate his or her own eating behaviors, body composition, fitness level and general health status.

Overall Course Objectives

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

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

Major Topics

1. Fitness evaluation and body composition
2. Unhealthy eating behaviors
3. Nutritional principles and concepts
4. Meal plans
5. Metabolism
6. Popular diet plans
7. Exercise and fitness
8. Behavior modification

Course Requirements

Grading: Evaluation will combine several of the following:

1. Attendance and participation
2. Pre & Post Fitness evaluations
3. Written examinations
4. Computerized nutritional analysis
5. Oral or written class assignments
6. Out of class projects

7. Physical activity and eating journals

Other Course Information

1. This course may be taken as an elective or as part of the health education major.
2. A lab fee is included to cover pre and post fitness testing.