HGROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 04/26/2022

GCCCD Governing Board Approval: 06/14/2022

HEALTH EDUCATION 101 – KEYS TO SUCCESSFUL WEIGHT CONTROL

1. Course Number Course Title Semester Units

HED 101 Keys to Successful Weight Control 1.5

Semester Hours: 1.5 hours lecture 24-27 hours 48-54 outside-of-class hours 72-81 total hours

1. Prerequisites

None

Corequisite

None

Recommended Preparation

None

1. Catalog Description

This course explores the determinants of weight gain, loss and maintenance including food intake, energy expenditure, genetics, social pressures and psychological factors. Students will learn the proven keys to successful and long**-**term weight control. A variety of approaches to weight control will be examined with thought to effectiveness, safety and nutritional adequacy. Disordered eating, including emotional eating, compulsive eating, bulimia and anorexia nervosa will be examined relative to their relationship to weight control.

1. Course Objectives

The student will:

* 1. Describe the basic mechanism of energy metabolism.
  2. Calculate individual caloric needs based on basal metabolic rate (BMR) and activity levels.
  3. Compare a variety of weight loss plans.
  4. Discuss and compare “fad” approaches to weight control with proven methods of successful, long-term weight management.
  5. Plan weight loss or gain methods based on individual nutritional needs, food preferences, and lifestyle patterns.
  6. Discuss disordered eating patterns and eating disorders in terms of symptoms, effects and treatments.
  7. Explore sociological factors such as media influence, cultural stereotypes, and body image and their impact on disordered eating.
  8. Analyze individual psychological and emotional issues that typically underlie the development of disordered eating.

1. Instructional Facilities
   1. Access to the Internet.
   2. Basic lecture classroom with multimedia technology.
2. Special Materials Required of Student

Electronic storage device

1. Course Content
   1. Basic introduction to the nutrients and energy metabolism and energy expenditure.
   2. Current popular weight loss and gain plans.
   3. Proven techniques and lifestyle changes necessary for long-term, permanent success.
   4. Underlying reason for the 90% failure rate of popular diets to control or manage weight.
   5. Social and psychological factors which help or hinder weight control.
   6. Disordered eating patterns and eating disorders, including compulsive overeating, bulimia nervosa and anorexia nervosa.
   7. Outside resources and support systems available to assist students with eating-related issues.
2. Method of Instruction
   1. Lecture
   2. Group discussion
   3. Group and individual projects shared with classmates.
3. Methods of Evaluating Student Performance
   1. Examinations including both objective and essay questions.
   2. Individual diet records.
   3. Group reports.
   4. Final examination including both objective and essay questions.
4. Outside Class Assignments
   1. Computerized diet records and written analysis.
   2. Group reports on current popular diet plans and organizations.
   3. Individual reading on disordered eating patterns and the underlying psychological factors.
5. Representative Texts
6. Representative Texts:

Powers, Scott.  *Total Fitness and Wellness*. 8th edition.  Pearson Publishing, 2020.

1. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

Demonstrate knowledge, skills and appreciation of successful keys to weight control, including but not limited to:

1. Understand human behavior that results in an imbalance in body weight
2. Design basic programs for meal planning, exercise, and stress management
3. Apply basic principles for achieving and maintaining energy balance through healthy lifestyle practices.