

Washtenaw Community College Comprehensive Report

BIO 142 Fundamentals of Nutrition, Exercise and Weight Control Effective Term: Spring/Summer 2015

Course Cover

Division: Math, Science and Health

Department: Life Sciences

Discipline: Biology

Course Number: 142

Org Number: 12100

Full Course Title: Fundamentals of Nutrition, Exercise and Weight Control

Transcript Title: Fund Nutrition, Exer & Weight

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission: Three Year Review / Assessment Report

Change Information:

Consultation with all departments affected by this course is required.

Course title

Outcomes/Assessment

Rationale: 3 year review

Proposed Start Semester: Winter 2015

Course Description: In this course, students explore the relationship between nutrition and energy expenditures as they apply to body mass regulation. Students will be introduced to concepts such as nutrition, metabolism, and energy transfer, exercise energy utilization, and the bioenergetics of food and activity. Students will assess body composition such as body fat and lean mass. Concepts of obesity, weight control, modification of eating and exercise behaviors, diet practices and psychosocial aspects of weight control will be discussed. The physiologic considerations in total fitness such as strength, anaerobic and aerobic power will be covered.

Course Credit Hours

Variable hours: No

Credits: 3

Lecture Hours: Instructor: 45 **Student:** 45

Lab: Instructor: 0 **Student:** 0

Clinical: Instructor: 0 **Student:** 0

Total Contact Hours: Instructor: 45 **Student:** 45

Repeatable for Credit: NO

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

College-level Reading & Writing

College-Level Math

Requisites

Corequisite

PEA 115

General Education

MACRAO

MACRAO Science & Math

MACRAO Lab Science Course

General Education Area 4 - Natural Science

Assoc in Applied Sci - Area 4

Assoc in Science - Area 4

Assoc in Arts - Area 4

Michigan Transfer Agreement - MTA

MTA Science (no lab)

Request Course Transfer

Proposed For:

Student Learning Outcomes

1. Identify components of weight control.

Assessment 1

Assessment Tool: Departmentally-determined questions

Assessment Date: Winter 2016

Assessment Cycle: Every Three Years

Course section(s)/other population: all

Number students to be assessed: all

How the assessment will be scored: item analysis

Standard of success to be used for this assessment: 70% of students will score at least 70%.

Who will score and analyze the data: department faculty

2. Analyze nutrition, exercise, and weight control relations.

Assessment 1

Assessment Tool: Departmentally-determined questions

Assessment Date: Winter 2016

Assessment Cycle: Every Three Years

Course section(s)/other population: all

Number students to be assessed: all

How the assessment will be scored: item analysis

Standard of success to be used for this assessment: 70% of students will score at least 70%.

Who will score and analyze the data: department faculty

3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.

Assessment 1

Assessment Tool: Project portfolio

Assessment Date: Winter 2016

Assessment Cycle: Every Three Years

Course section(s)/other population: all

Number students to be assessed: All students

How the assessment will be scored: departmentally-developed rubric

Standard of success to be used for this assessment: 70% of students will score at least 70%.

Who will score and analyze the data: department faculty

Course Objectives

1. Identify the components of nutrition in the maintenance of good health.

Matched Outcomes

1. Identify components of weight control.

2. Identify the components of exercise in the maintenance of good health.
Matched Outcomes
 1. Identify components of weight control.
3. Describe the relationships between nutrition, exercise, and weight control.
Matched Outcomes
 2. Analyze nutrition, exercise, and weight control relations.
4. Analyze personal nutrition and exercise components with respect to weight control.
Matched Outcomes
 2. Analyze nutrition, exercise, and weight control relations.
5. Analyze short and long term modifications to nutrition and exercise with respect to weight control.
Matched Outcomes
 2. Analyze nutrition, exercise, and weight control relations.
6. Establish and defend healthy and reasonable short and long term goals for weight control.
Matched Outcomes
 3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.
7. Design short and long term regimens for nutrition and exercise to achieve those goals.
Matched Outcomes
 3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.
8. Monitor compliance, achievement, and results from the regimens.
Matched Outcomes
 3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.
9. Evaluate both the design and results of above.
Matched Outcomes
 3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.

New Resources for Course

Course Textbooks/Resources

Textbooks
 Manuals
 Periodicals
 Software

Equipment/Facilities

Level III classroom
 Off-Campus Sites

<u>Reviewer</u>	<u>Action</u>	<u>Date</u>
Faculty Preparer: <i>Anne Heise</i>	<i>Faculty Preparer</i>	<i>Sep 18, 2014</i>
Department Chair/Area Director: <i>Anne Heise</i>	<i>Recommend Approval</i>	<i>Sep 24, 2014</i>
Dean: <i>Kristin Brandemuehl</i>	<i>Recommend Approval</i>	<i>Sep 25, 2014</i>
Vice President for Instruction: <i>Bill Abernethy</i>	<i>Approve</i>	<i>Nov 06, 2014</i>