

I. COURSE INFORMATION

- A. Allied Health NHA 152 Fitness and Nutrition: The Healthy Journey to Weight Loss
- B. 1 credit hour
- C. Thygerson and Thygerson. *Fit to Be Well*. 5th ed. Jones and Bartlett Learning, 2019
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course is designed to provide the expanded knowledge of healthy weight loss and weight maintenance. The course will discuss methods of losing weight and how to establish the best method to use individually. The course will discuss briefly diseases and conditions affected by weight and eating habits.

III. LEARNING OUTCOMES

- A. Identify and explain the concepts of health and well-being
- B. Explain the basic components of a healthy lifestyle
- C. Determine how to target healthy food choices
- D. Learn how to read a nutritional label
- E. Identify different health problems that stem from being overweight or obese
- F. Be aware of different tips for increasing physical activity levels
- G. Calculate target heart rates
- H. Develop a health and wellness plan

IV. MAJOR CONTENT AREAS

- A. Health foods
- B. Nutrition labels, carbohydrates, fats and calories
- C. Obesity and weight loss
- D. Energy, safe weight change, fiber, and weight related health problems
- E. Exercise and fitness planning

V. ASSIGNMENTS (may include but are not limited to)

- A. Reading assignments
- B. Writing assignments

VI. EVALUATION METHODS (may include but are not limited to)

- A. Quizzes
- B. Final exam