

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Healthy Weight Management

Course Abbreviation and Number: PHE 1310

Credit Hours: 3

Course Type: Lecture

Course Description: Students will focus on a comprehensive and healthy approach to tackle the issues of behavior change and weight management. Students will develop a weight management program through lifestyle change based upon exercise science, nutritional science and behavioral science. The student will gain the ability to turn that knowledge into practical strategies and an individualized program.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Describe the nutrition and exercise approaches required for reaching and maintaining a healthy weight.
2. Understand and apply current evidence-based guidelines and recommendations for weight maintenance for optimal health.
3. Develop an individual weight management plan based on their goals and evidence-based strategies and guidelines.

Topics Covered:

- Health and Weight – the cost of unhealthy weight
- Finding your best weight – how to assess weight loss, fat loss, and results
- Balancing energy and sustainable weight loss principles
- Nutrition recommendations for a healthy weight
- Exercise recommendations for a healthy weight
- Food preparation and budget
- Getting started with exercise and eating for your best weight
- Losing weight vs. maintaining weight
- Mindset side of weight loss
- Building your support system
- Healthy lifestyle habits for life

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2021