COURSE SYLLABUS
Southeast Missouri State University

Department of: Health, Human Performance, and Recreation    Course No. HL 346

Course Title: Weight Management Principles and Practices    New: Spring 2003

Department Approved: September 12, 2002
College Council Approved: November 7, 2002

I. Catalog Description and Credit Hours of Course: The scientific principles of weight management with an emphasis on lifestyle modification for improving health. (3)

II. Prerequisites:

HL 331 & HL 332 or consent of instructor

III. Course Objectives: Upon completion of the course the student will be able to:

A. Compare and contrast the different measures of obesity in terms of accuracy, ease of administration and clinical use.

B. Analyze the prevalence data concerning obesity at the state, regional and national level.

C. Describe the health risks and problems associated with obesity.

D. Differentiate the different theories of obesity.

E. Explain the role of nutrition/diet in the treatment of obesity.

F. Explain the role of physical activity and exercise including resistance training in the treatment of obesity.

G. Understand and apply behavioral theory as it applies to weight loss.

H. Design appropriate weight loss programs for adults and children.

I. Discuss the relevance of the professional position stands on obesity.

J. Analyze the commercial weight loss programs.

K. Describe pharmacological interventions used for the treatment of obesity.

L. Describe surgical interventions used for the treatment of obesity.
M. Analyze health claims regarding weight loss products and programs.

IV. **Expectations of the Student:**

A. Each student will complete all examinations and assignments.

B. Each student will participate in all class activities.

C. Each student will complete all out-of-class reading and research assignments.

V. **Course Content:**

<table>
<thead>
<tr>
<th>Course Content</th>
<th>Hours</th>
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<tbody>
<tr>
<td>A. Introduction – the Measurement of Obesity</td>
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<tr>
<td>B. Prevalence of Obesity and Related Conditions</td>
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<tr>
<td>1. Prevalence of Obesity and Overweight</td>
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<tr>
<td>2. Prevalence of CVD and Obesity</td>
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<td>3. Prevalence of various Cancers and Obesity</td>
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<td>4. Prevalence of NIDDM and Obesity</td>
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<td>5. Prevalence of HTN and Obesity</td>
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<td>C. Health Risks associated with Obesity</td>
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<tr>
<td>1. Cardiovascular Disease</td>
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<td>2. Cancers</td>
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<td>3. Hypertension</td>
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<td>4. Hyperlipidemia/hypercholesterolemia</td>
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<td>5. Osteoarthritis</td>
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<td>6. Psychological</td>
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<tr>
<td>D. Eating Disorders</td>
<td>3</td>
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<td>1. Anorexia Nervosa</td>
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<tr>
<td>2. Bulimia Nervosa</td>
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<td>3. Anorexia Athletica</td>
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<td>4. The Female Athletic Triad</td>
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<td>E. Scientific Principles of Weight Loss</td>
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<tr>
<td>1. The Role of Nutrition/Diet and the “non dieting approach”</td>
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<td>2. The role of Exercise/Physical Activity</td>
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<td>a. Aerobic Exercise</td>
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<td>b. Resistance Training</td>
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<td>3. The role of Behavior Change</td>
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<td>F. ADA/ACSM/AMA Position Stands</td>
<td>3</td>
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</tbody>
</table>
G. Weight Loss Programs
   1. Commercial Weight Loss Programs
      a. Biometrics
      b. Jenny Craig
      c. Nutrasystem
      d. Weight Watchers etc
   2. Non-Commercial Weight Loss Programs
      a. Medifast
      b. Optifast
   3. Non-Commercial Support Groups
      a. Taking Off Pounds Sensibly (TOPS)
      b. Overeaters Anonymous

H. Pharmacological, Surgical & Inpatient Interventions

I. Health Fraud and Weight Loss Products and Programs

J. The Future of Weight Loss

Total Hours: 45

VI. Textbook (s):


or:


Additional Resources:


VII. Basis for Student Evaluation:

Examinations 60%
Research Assignments 20%
Research Paper or Presentation 20%