

HED M03: NUTRITION, FITNESS, AND STRESS MANAGEMENT

Originator

Idaily

Co-Contributor(s)**Name(s)**

Black, Adam (ablack)

College

Moorpark College

Discipline (CB01A)

HED - Health Education

Course Number (CB01B)

M03

Course Title (CB02)

Nutrition, Fitness, and Stress Management

Banner/Short Title

Nutr/Fitness/Stress Mgmt.

Credit Type

Credit

Start Term

Spring 2021

Catalog Course Description

Presents an integrated approach to health and physical fitness through the study of basic principles of exercise, nutrition and human behavior. Focuses on a holistic approach to lifestyle choices for the prevention of heart disease, cancer, type 2 diabetes, and obesity. Emphasizes personal responsibility in the application of nutrition, fitness, and stress management principles for weight control and prevention of chronic disease.

Taxonomy of Programs (TOP) Code (CB03)

0837.00 - Health Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

52.5

Maximum Contact/In-Class Lecture Hours

52.5

Activity

Laboratory

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class**Total Outside-of-Class****Minimum Outside-of-Class Hours**

105

Maximum Outside-of-Class Hours

105

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

157.5

Total Maximum Student Learning Hours

157.5

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | identify how nutrition, fitness and stress management contribute to personal health. |
|---|--|

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | describe the importance of accepting personal responsibility for health, exercise and stress management habits. |
| 2 | explain the steps in creating behavior change. |
| 3 | identify the components of physical fitness and explain how each component affects an individual's health. |
| 4 | demonstrate how nutrition relates to health, fitness, disease prevention and weight management. |
| 5 | identify and apply stress management techniques. |
| 6 | assess nutritional and exercise needs through the use of field-testing, computer dietary analysis and laboratory testing techniques. |
| 7 | demonstrate effective exercise techniques. |
| 8 | articulate the relationship of lifestyle choices and disease prevention. |

Course Content**Lecture/Course Content****1. (10%) Introduction to Nutrition, Fitness, and Stress Management**

- Introduction to wellness.
- Behavior change and goal setting.

2. (30%) Nutrition Fundamentals

- Explain essential nutrients and their functions in the body.
- Present the USDA dietary standards (macronutrients) and compare them to other well researched publications (Harvard Healthy Eating Plate).
- Examine the USDA and other food pyramids and design a well rounded nutrition plan that meets or exceeds dietary standards.
- Explore other dietary choices such as Vegan v.s. Vegetarians and explain the differences.
- Explore food labels and other consumer tools to make informed choices about foods.
- Explain factors that may contribute to weight gain and loss, including genetic, physiological, lifestyle, psychological, role of food choices, exercise and emotional factors.

3. (20%) Components of Physical Fitness

- Define and describe in detail: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
- Present the FITT (frequency, intensity, time, type) principle and have students design their own fitness plan based on their goals.
- Explain physical fitness testing guidelines and procedures.

4. (20%) Stress Management

- Define types of stress (acute v.s. chronic), cite common sources of stress and use of stress management techniques.
- Explain the effects of stress on one's psychological health, emotional health, weight management, and overall quality of life.

5. (10%) Lifestyle Choices

- Design and implement a personal health and wellness program using Nutrition, Fitness, and Stress Management techniques.

6. (10%) Disease Prevention

- Identify risk factors for chronic diseases such as cardiovascular disease, diabetes, cancer and explore ways to lower one's risk.

Laboratory or Activity Content

N/A

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
Essay exams
Group projects
Individual projects
Journals
Laboratory activities
Objective exams
Oral presentations
Projects
Problem-solving exams
Participation
Quizzes
Reports/Papers/Journals
Reports/papers
Research papers
Skills demonstrations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Computer-aided presentations
Collaborative group work
Class activities
Class discussions
Distance Education
Demonstrations
Field experience/internship
Group discussions

Guest speakers
 Instructor-guided use of technology
 Internet research
 Laboratory activities
 Lecture

Describe specific examples of the methods the instructor will use:

1. The instructor will use audio-visual presentations from various experts on the web such as Ted Talks, and free educational speakers from four year universities.
2. The instructor will also use class discussions, presentations, and group discussions on nutritional topics such as combining plant proteins, vegetarianism, types of carbohydrates, and considering the environmental impacts of harvesting and consuming different types of foods.

Representative Course Assignments

Writing Assignments

1. Write critiques of information provided on the Internet.
2. Write reflections on weekly readings of articles in the media.
3. Complete journal assignments that are reactions to class discussions and textbook activities.
4. Research and write a term paper on a topic appropriate to the course, such as the function of essential nutrients in the human body.
5. Summarize and analyze guest lecture, video, or outside-of-class presentations.

Critical Thinking Assignments

1. Design a vegetarian nutrition plan that combines plant proteins to consume all essential amino acids in proper amounts each day.
2. Participate in in-class debates on the key issues of the course, such as use of supplements in bodybuilding.
3. Analyze written information on the subject of dynamic versus static stretching.
4. Formulate in writing a design of a personal fitness management program.
5. Compare and contrast the evidence in support of weight-bearing exercise and the prevention of osteoporosis.

Reading Assignments

1. Read articles from the internet on essential nutrients and discuss the American diet and how most people are lacking certain nutrients.
2. Read information from the internet on supplements be able to suggest which ones would be helpful.

Skills Demonstrations

1. Assess resting, working, and recovery heart rates.
2. Complete a 12 minute Cooper aerobic fitness test and take their heart rates.
3. Research and perform yoga or meditation exercises and present them to the class.

Outside Assignments

Representative Outside Assignments

1. Complete assigned readings from text and internet sources.
2. Conduct field observations of topics appropriate to the course, such as food labels and other consumer tools.
3. Attend/visit fitness, health, nutrition, stress management and/or behavior modification venues.
4. Participate cooperative group planning for oral presentations.

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
Cal Poly Pomona	KIN 2700	Stress management for Healthy Living	3
CSU Monterey Bay	KIN 162	Foundation of Wellness: Nutrition	3
CSU Fullerton	KNES/PUBH 342	Stress Management	3

Comparable Courses within the VCCCD

HED R102 - Fitness/Nutrition/Mental Wellness

HED V97 - Fundmntls Nutrition & Fitness
HED V82 - Health and Fitness Activities
HED V03 - Fundamentals of Nutrition and Fitness

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E1. Health Education

Approved

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

S2001

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Approved

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Description

Fahey, Thomas, Paul Insel, and Walton Roth. *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*. 14th ed., McGraw-Hill, 2020.

Resource Type

Textbook

Description

Hopson, Janet L., Rebecca J. Donatelle, and Tanya R. Littrell. *Get Fit, Stay Well!* 4th ed., Pearson, 2014.

Library Resources


Assignments requiring library resources

Research, using the Library's print and online resources, on topics appropriate to nutrition, fitness and stress management such as the use of supplements in healthy nutrition.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

 Customize your own nutritional plan. Research the types of macro nutrients (proteins, carbohydrates, and fat) in this plan, and state how your nutritional goals will be met.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Other DE (e.g., recorded lectures)	Instructor may record the lectures and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns. Students will email their programs and projects to the instructor.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

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100% online Modality:	
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Examinations

Hybrid (1%–50% online) Modality

Online

Hybrid (51%–99% online) Modality

Online

Primary Minimum Qualification

HEALTH

Review and Approval Dates

Department Chair

10/7/2020

Dean

10/14/2020

Technical Review

10/15/2020

Curriculum Committee

10/20/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/18/2020

Control Number

CCC000429079

DOE/accreditation approval date

MM/DD/YYYY