

Linn-Benton Community
College
6500 Pacific Blvd SW
Albany, OR 97321

Instructor:
Cindy Falk

Class Location:
AC 127
TR 1:00 p.m. – 2:20 p.m.

Credits:
3

Course Description:
This course will provide students with scientifically based strategies for controlling and managing weight.

E-mail:
falkc@linnbenton.edu

Message phone:
541.917.4240

Office Location:
AC 111

Office Hours:
T 10:00 – 11:00
W 2:00 – 3:00

Friday by appointment

ADA

If you feel you need academic adjustments for any type of disability, please see me in my office during my office hours or contact the Center for Accessibility Services at 917.4789

DISCRIMINATION

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

HE 204 Exercise and Weight Management
Spring 2019 CRN: 40955

REQUIRED TEXT:

Tribole, Evelyn and Resch, Elyse. *Intuitive Eating: A Revolutionary Program That Works*. New York, NY: St. Martin's Press.

Note-taking materials

COURSE OBJECTIVES: This course is designed to teach students to assess current levels of health and to implement lifestyle changes that will contribute to their overall health.

COURSE OUTCOMES: Upon completion of this course with a C or better, a student will:

1. Explain the characteristics of long-term weight control methods.
2. Develop appropriate personal exercise and nutrition plans.
3. Discuss the nature of eating disorders, fad foods, and fad diets.
4. Summarize the relationship between exercise and weight management.
5. Record personal nutritional intake and physical activities.
6. Identify mixed social and cultural messages about food and body size.

CLASS EXPECTATIONS:

- Come to class on time
- Come to class prepared for discussion and activity
- Come to class with completed assignments – late assignments will be accepted for half credit 1 day late ONLY. If you are absent on the day an assignment is due, you MUST email it to me BEFORE start time of class or it will be considered late. Be sure that you get a response from me to know that I received it.
- Come to class with your electronic devices turned OFF unless otherwise noted.
- Notify me when absent, especially for an extended period of time as this will allow you to stay current with coursework and prevent you from being dropped from the class.
- You must be in class 1 hour and 20 minutes to receive full credit for attendance.
- If you add this class late, you will have **1 week** to turn in assignments to catch up with the rest of the class.

DATES TO REMEMBER:

Monday, April 8

Monday, May 27

Mon. – Wed., June 10-12

Last day to drop or add classes

NO CLASSES – Memorial Day

FINALS (Tues., June 11, 2:30-4:20 p.m.)

EVALUATION:**GRADING SCALE:**

Attendance / Participation	95 points (5 each day)	CANNOT BE MADE UP
Quizzes	30 points	
Assignments	250 points	
Project #1	50 points	
Project #2 choice of A, B, or C	50 points	
Journal Review	25 points	
Personal Journal	100 points	

90% - 100%	= A
80% - 89%	= B
70% - 79%	= C
60% - 69%	= D
>59%	= F

HELPFUL WEBSITES:**General health information:**

<http://www.mypyramid.com>
<http://www.nal.usda.gov>
<http://dietsinreview.com>
<http://mayoclinic.com>
<http://www.cdc.gov>
<http://www.nal.usda.gov>

Exercise information:

<http://www.caloriecounter.com>
<http://fitness.com>
<http://www.crossfit.com>
http://www.shapeup.org/shape/index_shape.php

Recipes:

<http://www.fruitsandveggiesmatter.gov/>
<http://www.epicurious.com>
<http://allrecipes.com>
<http://www.recipezaar.com>
http://www.eatingwell.com/recipes_menus
<http://www.mayoclinic.com/health/healthy-recipes/RecipeIndex>

Shopping:

<http://www.coupons.com>
<http://www.SmartSource.com>

Nutrition information:

<http://figwee.com>
<http://calorieking.com>
<http://www.exrx.net>
<http://myfooddiary.com>
<http://www.myfitnesspal.com>
<http://www.happyforks.com>

EXERCISE OPTIONS: you will be developing an exercise plan to follow for the term.**Below are some options you may employ in addition to time spent in class:**

If you need additional credits, register for an activity class – SEE THE CATALOG OR LOG INTO WEBRUNNER TO CHECK TIMES and AVAILABILITY. If you are already taking an activity class, speak to me and your other instructor to see if your plan can be incorporated into that class.

You may come into the circuit weight training class when I am scheduled: MWF between 1-2 p.m. The weight room is also open M-F from 4-6 p.m.

CHOLESTEROL AND GLUCOSE (OPTIONAL)

Main campus **Tuesday, April 16, 6:30 – 9:00 a.m.** There is a \$20.00 fee that is due the morning of your appointment. If you are registered for Lifetime Health and Fitness, you have already paid this fee. You must register online at <http://cflinnbenton.edu/cholesterol>.

TENTATIVE COURSE CALENDAR: This calendar may be subject to change due to class and or student needs.

	Tuesday	Thursday
WEEK 1 Introduction	April Syllabus and introductions The Starting Point: Calculating calories Why Diets Don't Work?	2 4 The Starting Point: Where are you? <i>Pre-tests: Fitness</i> Project #1: Read Chapters 1 and 2
WEEK 2 workout clothes	9 Essential nutrients Nutrient assessment Project #1: Read Chapters 3, 4, 13	11 Complete Pre-tests: Fitness Components of Fitness
WEEK 3 workout clothes	16 Diet and Exercise Analysis Project #1: Read Chapter 5, 14	18 Eating patterns: Why we eat what we eat
WEEK 4 workout clothes	23 Project #1: Read Chapters 6, 7, 8 IN CLASS work on personal plans	25 IN CLASS work on personal plans
WEEK 5 workout clothes	30 Shopping healthy Labels Additives	2 May Recipes made easy and healthy Project #2: Option A, B, or C
WEEK 6 workout clothes	7 Project #1: Read chapters 9, 10, 11 Alternative eating styles	9 Meal planning Food and energy density
WEEK 7 workout clothes	14 Project #1: Read chapter 12 Affects of food on mood	16 Risks of obesity / inactivity Obesity in a Bottle (films on demand)
WEEK 8 workout clothes	21 Project #1: Read chapter 15 Planning ahead Staying motivated – cooking up fun	23 Eating Out
WEEK 9 workout clothes	28 Journal Review Balancing Life – the affects of stress	30 PRESENTATIONS
WEEK 10 workout clothes	4 June PRESENTATIONS	6 LAST DAY OF CLASS Post-tests: Fitness
WEEK 11	11 FINAL 2:30 – 4:20 Personal Plan Journal/Summary	

PROJECT SCHEDULE

PROJECT #1: DUE throughout the course of the term Intuitive Eating Book Review

Each week you will respond to the reading done from the book **Intuitive Eating**. I will give you questions to guide your reading and journaling. These summaries will be due **each Tuesday**. Your work needs to be typed and double-spaced.

All of you MUST complete PROJECT #1. For the **Project 2** assignment you have a **choice of A, B, or C**

A. Book Review

Choose one of the following books to read. As you read, **in each chapter**, make note of at least 3 concepts that catch your attention – write them down. From the list of 3, choose 1 and discuss your reaction to the given information -- why is it important, who would benefit from knowing this information, why is it of interest to you are some thoughts that may guide your writing, how you can apply the concept to the goal you have set for yourself for the class.

Adler, Jennifer, MS,CN	Passionate Nutrition
Brazier, Brendan	Thrive – Vegan Guide to Optimal Performance in Sports and Life
Callan, Jenny	The Ultimate Bodybuilding Diet and Nutrition and Workout for Men and Women
Clark, Nancy	Sports Nutrition
Chopra, Deepak, MD	What Are you Hungry For?
Davis, William	Wheat Belly
Duhigg, Charles	The Power of Habit: Why We Do What We Do In Life and Business
Kasper, Lynne Rossetto	The Splendid Table's How to Eat Supper
Matthews, Michael	Fit is the New Skinny
Perlmutter, David M.D.	Grain Brain
Stone, Gene	Forks Over Knives
Vine Jonathan	Clean Food Diet
Wansink, Brian	Mindless Eating

B. Research Paper

You will select a topic dealing with exercise or weight management, research that topic, and present a paper detailing your findings. Your paper should show current research on the topic with supporting documentation – this means citations and a bibliography. For those of you who are familiar with the MLA or APA format, please use either in your writing. The written work should have 3 distinct parts:

Introduction: should explain the purpose of your research: Why are you interested in this topic? What are you hoping to learn? Mention at least 3 points.

Body: should revolve around the answers to the questions posed in the introduction. In answering the questions you listed in the introduction, use the following questions as a guide to your writing: What did you discover? What did you learn that was new? Were your sources in agreement in the information that supports the answers to your questions? Did your sources disagree on information that was presented? Discuss each.

Conclusion: should include a summary: Did you learn what you were hoping to? How will you use this information to benefit your health? Did the research lead to further questions? Mention at least 2. How will your topic look in the future?

You will need to use **at least 4 sources** – Wikipedia and About.com will not be acceptable sources. Each source should be within the last 5 years and at least 5 pages in length. Your paper should be typed, double-spaced, and be 6-7 pages in length - this does not include the title page or a bibliography. Be sure to spell-check and grammar-check. When you turn this in on your due date, be prepared to share your findings with the class.

Possible Topics:

Diabetes: nutrition and exercise	Obesity and pregnancy
Eating clean (no processed foods)	Obesity and weight training
Eating healthy on a budget	Preparing quick, healthy meals
Eating to increase immunity	Stress and eating habits
Exercise and pregnancy	Stress related health issues
Exercising without equipment	Superfoods
Metabolic syndrome	Special diet or exercise needs--IBS, gluten-free, injuries

Bibliography: Only one “.com” may be used per four citations. All other citations must be .gov, .org, .edu, a professional or academic journal, periodical, book, etc. A research paper written exclusively from Internet.com sources is **not** an academic research paper.

One copy of each of the sources; if from journal, the abstract is all that is needed, if from a book other than the class text, a copy of the pages used would be acceptable, for websites a copy of the homepage would be acceptable.

Papers will be graded on:

- How thoroughly the subject area is covered and how well the information is applied to the research. Please continue to ask yourselves “why is this important and who should know about it?”

C. MEAL PLANNING, SHOPPING, SHARING THE LOAD

For this choice you will need to **plan** your meals and exercise for a week (7 days) AND **follow** the plan both for the week. Complete the following:

1. Write out your menu for each day (all meals). Think about time saving techniques – crock pot cooking, 5 or less ingredients, meatless, prepare ahead of time, leftovers. What is the most difficult aspect of this?
2. Make a list of groceries you need to purchase in order to cook these meals.
3. Comparison shop at 3 stores. Include this information in your work.
4. Purchase your groceries – ideally using your money-saving comparison shopping. How much did you (or could you) save by comparison shopping?
5. Assign tasks to family members, roommates, etc. (setting/clearing the table, making a salad, washing fruits or veggies, shredding cheese, loading the dishwasher, chopping veggies for the week, cleaning up as you go along, setting the table for breakfast the night before are some suggestions – whatever you need or want help with)
6. Build in 30 minutes of any type of exercise. What will it be and when will you do it?
7. Follow your plan for the week. **Each day** journal your progress. Detail whether you actually followed your plan and the types of things that helped or hindered. Do you need to make changes for the next day? For example? Is this a process that you could commit to continuing? Why or why not?

When this is completed, you will turn in the above steps 1-7. Step 7, should be typed and double-spaced. I would recommend doing this at the end of every day so that it is fresh in your mind. This will also help you in modifying for the next day, if necessary. Be detailed and give examples.

Journal Review - Critique of a Professional Journal Article: The journal assignment requires you to do a computerized/library literature search to locate professional journals related to stress management. Describe the major points the author is presenting in this article. Summarize unique or important aspects.

Reaction and Application

Explain why you feel this writing is important; indicate its relevance to weight management and how it could be implemented into the community or specific social group (i.e. the classroom, work environment, church, specific risk group, or other sector of society). Use an example to clarify.

PRESENTATION OPTIONS In groups you will choose one of the following to research. Your findings will be presented to the class on the days listed above.

OPTION A: Fad diets

The information that you provide the class should include:

1. the criteria for the label "fad diet": Does the diet you are researching meet this criteria?
2. a summary of the diet plan – Was this diet designed for a certain group of people?
3. the positives of the diet – What population of people would benefit from this diet? Are there health benefits associated with this diet?
4. the negatives of the diet – What population of people should not try this diet? What are some health risks that could arise from this diet?
5. a comparison to choosemyplate.gov requirements. For this portion, you will want to use the diet analysis program and insert a day's worth of food from your fad diet plan

Does it meet the RDA's?

The suggested food groups?

Caloric needs?

This information should come from researched material, NOT the diet's web page. As a group, you will turn in an outline of your presentation, as well as, a bibliography that includes at least 6 sources. Below is a list of diets that you may start with. If there is another not listed that your group would be interested in, get the okay from me first.

Atkin's

Best Life Diet

Eat, Drink, and Weigh Less

Jenny Craig

Keto

Slim Fast

South Beach

Sugar Busters

The Ornish Diet

Paleo

The Sonoma Diet

The Zone

Volumetrics

Weight Watchers

OPTION B: Controlling Weight in the Extreme

As a group, decide on one of the topics below: you will turn in an outline of your presentation, as well as, a bibliography that includes at least 6 sources. If you have other suggestions, please see me.

Diets leading to depression

Diet pills / supplements (protein, body building, weight loss)

Illnesses associated with obesity (diabetes) or thinness (amenorrhea)

Surgery – liposuction, gastric bypass, etc.

Weight cycling

Due Tuesday, June 11**Personal Plan and Journal for Diet and Exercise**

Over the course of the term you will develop a diet and exercise plan specific to your needs. Your program should be appropriate for your goal: maintaining weight, gaining weight, or losing weight. After tracking your food intake for 4 days and your diet analysis, you will have a more specific area you would like to address. Once your plan is in place you will complete a daily journal that I will check randomly throughout the term. Your exam will include a self-reflection of your journey. You may track your progress in a notebook, or an app (myfitnesspal, fitbit, etc.) Your self-reflection will be typed and double-spaced. Guidelines for the reflection will be given to you before the due date. When you turn in your final journal and paper during your finals time, be prepared to share with the class your biggest success and something you are still working on. Because you are turning in a paper, as well as giving an oral report, your final will be graded on both portions.