

## Washtenaw Community College Comprehensive Report

### BIO 142 Fundamentals of Nutrition, Exercise and Weight Control Effective Term: Fall 2022

#### Course Cover

**College:** Math, Science and Engineering Tech

**Division:** Math, Science and Engineering Tech

**Department:** Life Sciences

**Discipline:** Biology

**Course Number:** 142

**Org Number:** 12100

**Full Course Title:** Fundamentals of Nutrition, Exercise and Weight Control

**Transcript Title:** Fund Nutrition, Exer & Weight

**Is Consultation with other department(s) required:** No

**Publish in the Following:** College Catalog , Time Schedule , Web Page

**Reason for Submission:** Inactivation

**Change Information:**

**Consultation with all departments affected by this course is required.**

**Rationale:** Not part of a program, faculty developer retired.

**Proposed Start Semester:** Spring/Summer 2022

**Course Description:** In this course, students explore the relationship between nutrition and energy expenditures as they apply to body mass regulation. Students will be introduced to concepts such as nutrition, metabolism, and energy transfer, exercise energy utilization, and the bioenergetics of food and activity. Students will assess body composition such as body fat and lean mass. Concepts of obesity, weight control, modification of eating and exercise behaviors, diet practices and psychosocial aspects of weight control will be discussed. The physiologic considerations in total fitness such as strength, anaerobic and aerobic power will be covered. This course was previously titled Introduction to Nutrition, Exercise & Weight Control.

#### Course Credit Hours

**Variable hours:** No

**Credits:** 3

**Lecture Hours: Instructor:** 45 **Student:** 45

**Lab: Instructor:** 0 **Student:** 0

**Clinical: Instructor:** 0 **Student:** 0

**Total Contact Hours: Instructor:** 45 **Student:** 45

**Repeatable for Credit:** NO

**Grading Methods:** Letter Grades

Audit

**Are lectures, labs, or clinicals offered as separate sections?:** NO (same sections)

#### College-Level Reading and Writing

College-level Reading & Writing

#### College-Level Math

#### Requisites

**Corequisite**

PEA 115

**General Education****MACRAO**

MACRAO Science &amp; Math

MACRAO Lab Science Course

**General Education Area 4 - Natural Science**

Assoc in Applied Sci - Area 4

Assoc in Science - Area 4

Assoc in Arts - Area 4

**Michigan Transfer Agreement - MTA**

MTA Science (no lab)

**Request Course Transfer****Proposed For:****Student Learning Outcomes**

1. Identify components of weight control.

**Assessment 1**

Assessment Tool: Departmentally-determined questions

Assessment Date: Winter 2016

Assessment Cycle: Every Three Years

Course section(s)/other population: all

Number students to be assessed: all

How the assessment will be scored: item analysis

Standard of success to be used for this assessment: 70% of students will score at least 70%.

Who will score and analyze the data: department faculty

2. Analyze nutrition, exercise, and weight control relations.

**Assessment 1**

Assessment Tool: Departmentally-determined questions

Assessment Date: Winter 2016

Assessment Cycle: Every Three Years

Course section(s)/other population: all

Number students to be assessed: all

How the assessment will be scored: item analysis

Standard of success to be used for this assessment: 70% of students will score at least 70%.

Who will score and analyze the data: department faculty

3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.

**Assessment 1**

Assessment Tool: Project portfolio

Assessment Date: Winter 2016

Assessment Cycle: Every Three Years

Course section(s)/other population: all

Number students to be assessed: All students

How the assessment will be scored: departmentally-developed rubric

Standard of success to be used for this assessment: 70% of students will score at least 70%.

Who will score and analyze the data: department faculty

**Course Objectives**

1. Identify the components of nutrition in the maintenance of good health.

2. Identify the components of exercise in the maintenance of good health.
3. Describe the relationships between nutrition, exercise, and weight control.
4. Analyze personal nutrition and exercise components with respect to weight control.
5. Analyze short and long term modifications to nutrition and exercise with respect to weight control.
6. Establish and defend healthy and reasonable short and long term goals for weight control.
7. Design short and long term regimens for nutrition and exercise to achieve those goals.
8. Monitor compliance, achievement, and results from the regimens.
9. Evaluate both the design and results of above.

## **New Resources for Course**

### **Course Textbooks/Resources**

Textbooks  
Manuals  
Periodicals  
Software

### **Equipment/Facilities**

Level III classroom  
Off-Campus Sites

<b><u>Reviewer</u></b>	<b><u>Action</u></b>	<b><u>Date</u></b>
<b>Faculty Preparer:</b> <i>Anne Heise</i>	<i>Faculty Preparer</i>	<i>Dec 15, 2021</i>
<b>Department Chair/Area Director:</b> <i>Anne Heise</i>	<i>Recommend Approval</i>	<i>Dec 15, 2021</i>
<b>Dean:</b> <i>Victor Vega</i>	<i>Recommend Approval</i>	<i>Jan 12, 2022</i>
<b>Curriculum Committee Chair:</b> <i>Randy Van Wagnen</i>	<i>Reviewed</i>	<i>Feb 15, 2022</i>
<b>Assessment Committee Chair:</b>		
<b>Vice President for Instruction:</b> <i>Kimberly Hurns</i>	<i>Approve</i>	<i>Feb 18, 2022</i>

# **Washtenaw Community College Comprehensive Report**

## **BIO 142 Fundamentals of Nutrition, Exercise and Weight Control**

**Effective Term: Spring/Summer 2015**

### **Course Cover**

**Division:** Math, Science and Health

**Department:** Life Sciences

**Discipline:** Biology

**Course Number:** 142

**Org Number:** 12100

**Full Course Title:** Fundamentals of Nutrition, Exercise and Weight Control

**Transcript Title:** Fund Nutrition, Exer & Weight

**Is Consultation with other department(s) required:** No

**Publish in the Following:** College Catalog , Time Schedule , Web Page

**Reason for Submission:** Three Year Review / Assessment Report

**Change Information:**

**Consultation with all departments affected by this course is required.**

**Course title**

**Outcomes/Assessment**

**Rationale:** 3 year review

**Proposed Start Semester:** Winter 2015

**Course Description:** In this course, students explore the relationship between nutrition and energy expenditures as they apply to body mass regulation. Students will be introduced to concepts such as nutrition, metabolism, and energy transfer, exercise energy utilization, and the bioenergetics of food and activity. Students will assess body composition such as body fat and lean mass. Concepts of obesity, weight control, modification of eating and exercise behaviors, diet practices and psychosocial aspects of weight control will be discussed. The physiologic considerations in total fitness such as strength, anaerobic and aerobic power will be covered.

### **Course Credit Hours**

**Variable hours:** No

**Credits:** 3

**Lecture Hours: Instructor:** 45 **Student:** 45

**Lab: Instructor:** 0 **Student:** 0

**Clinical: Instructor:** 0 **Student:** 0

**Total Contact Hours: Instructor:** 45 **Student:** 45

**Repeatable for Credit:** NO

**Grading Methods:** Letter Grades

**Audit**

**Are lectures, labs, or clinicals offered as separate sections?:** NO (same sections)

### **College-Level Reading and Writing**

College-level Reading & Writing

### **College-Level Math**

#### **Requisites**

**Corequisite**

PEA 115

## **General Education**

### **MACRAO**

MACRAO Science & Math

MACRAO Lab Science Course

### **General Education Area 4 - Natural Science**

Assoc in Applied Sci - Area 4

Assoc in Science - Area 4

Assoc in Arts - Area 4

### **Michigan Transfer Agreement - MTA**

MTA Science (no lab)

## **Request Course Transfer**

**Proposed For:**

## **Student Learning Outcomes**

1. Identify components of weight control.

### **Assessment 1**

**Assessment Tool:** Departmentally-determined questions

**Assessment Date:** Winter 2016

**Assessment Cycle:** Every Three Years

**Course section(s)/other population:** all

**Number students to be assessed:** all

**How the assessment will be scored:** item analysis

**Standard of success to be used for this assessment:** 70% of students will score at least 70%.

**Who will score and analyze the data:** department faculty

2. Analyze nutrition, exercise, and weight control relations.

### **Assessment 1**

**Assessment Tool:** Departmentally-determined questions

**Assessment Date:** Winter 2016

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**Standard of success to be used for this assessment:** 70% of students will score at least 70%.

**Who will score and analyze the data:** department faculty

3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.

### **Assessment 1**

**Assessment Tool:** Project portfolio

**Assessment Date:** Winter 2016

**Assessment Cycle:** Every Three Years

**Course section(s)/other population:** all

**Number students to be assessed:** All students

**How the assessment will be scored:** departmentally-developed rubric

**Standard of success to be used for this assessment:** 70% of students will score at least 70%.

**Who will score and analyze the data:** department faculty

## **Course Objectives**

1. Identify the components of nutrition in the maintenance of good health.

### **Matched Outcomes**

1. Identify components of weight control.

2. Identify the components of exercise in the maintenance of good health.

**Matched Outcomes**

1. Identify components of weight control.

3. Describe the relationships between nutrition, exercise, and weight control.

**Matched Outcomes**

2. Analyze nutrition, exercise, and weight control relations.

4. Analyze personal nutrition and exercise components with respect to weight control.

**Matched Outcomes**

2. Analyze nutrition, exercise, and weight control relations.

5. Analyze short and long term modifications to nutrition and exercise with respect to weight control.

**Matched Outcomes**

2. Analyze nutrition, exercise, and weight control relations.

6. Establish and defend healthy and reasonable short and long term goals for weight control.

**Matched Outcomes**

3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.

7. Design short and long term regimens for nutrition and exercise to achieve those goals.

**Matched Outcomes**

3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.

8. Monitor compliance, achievement, and results from the regimens.

**Matched Outcomes**

3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.

9. Evaluate both the design and results of above.

**Matched Outcomes**

3. Design, monitor, and evaluate exercise and nutrition variables to achieve specific weight control outcomes.

## **New Resources for Course**

### **Course Textbooks/Resources**

Textbooks

Manuals

Periodicals

Software

### **Equipment/Facilities**

Level III classroom

Off-Campus Sites

### **Reviewer**

### **Action**

### **Date**

#### **Faculty Preparer:**

Anne Heise

Faculty Preparer

Sep 18, 2014

#### **Department Chair/Area Director:**

Anne Heise

Recommend Approval

Sep 24, 2014

#### **Dean:**

Kristin Brandemuehl

Recommend Approval

Sep 25, 2014

#### **Vice President for Instruction:**

Bill Abernethy

Approve

Nov 06, 2014