

Montgomery College  
Department of Health Enhancement, Exercise Science and Physical Education

**SYLLABUS TEMPLATE**

**MONTGOMERY COLLEGE**

**Department of Health Enhancement,  
Exercise Science, and Physical Education  
Germantown Campus**

**HLTH 150: Fitness and Nutrition for Weight Management (3 credits)**

**CRN: Date/Time: Location: Semester:**

**I. Contact Information**

Instructor:

Office:

Office Hours:

Phone:

E-mail:

**II. General Course Information**

Focus on strategies for a healthier lifestyle; the physiological, sociological, psychological aspects of weight management including an understanding of health behaviors. Topics include an explanation of nutritional behaviors and fundamentals, the impact of lifestyle behaviors on weight management and an understanding of the impact of physical and social environments on a healthy lifestyle. Learn to assess and evaluate various weight loss programs and critique information coming from the media. Students will complete assessments, lifestyle evaluation and develop behavior change programs to address all aspects of weight management including impact on self, family, and society.

**HLTH 150 fulfills a General Education Health Foundation requirement.** Montgomery College's General Education Program is designed to ensure that students have the skills, knowledge, and attitude to carry them successfully through their work and personal lives. This course provides multiple opportunities to develop the following competencies: critical analysis and reasoning, written and oral communication, technological competency and personal, social, and civic awareness. Your performance in these competencies will be evaluated on your mastery of the area anywhere from Novice to Advanced. For more information, please see

<http://cms.montgomerycollege.edu/gened/>.

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III. Common Course Student Learning Outcomes (Objectives)

- Analyze the biopsychosocial aspects of weight management, including an understanding of health behaviors and evaluate their impact on health and wellness.
- Identify and analyze a variety of topics influencing weight management and health together with learning to discriminate scientifically valid results from social media driven information.
- Describe how environment, society, and government policies affect individual's behaviors and how it relates to weight management and health.
- Explain the individual and societal health consequences of the unhealthy eating practices, which include disordered eating, obesity, body image, and identify the characteristics of individuals who are more likely to suffer from any of those conditions.
- Evaluate and analyze current theories and concepts of behavior change as they relate to nutrition, physical activity and stress management.
- Analyze and evaluate personal dietary and exercise behaviors and current stress management techniques, and design a plan using current behavior change theories to improve personal health and wellness

IV. Textbook and Supplies

**\*No text required**

**\*Pedometer-** available at the bookstore or at any store such as Dick's, Walmart or Target.

V. Course Requirements

A. Course Grade

<b>Class work</b>	<b>Points</b>
Midterm and Final Exam	150 (75 points each)
Behavior Project	100
Labs & activities participation	80
Assignments (discussion questions, nutrition analysis, and workout presentation)	80
Pedometer Program	90
<b>Total</b>	<b>500</b>

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The grading scale for the course is as follows:

A=90%+; B=80%-89.9%; C=70%-79.9%; D=60%-69.9%; F= 59.9% and below.

<b>C. <u>Grade Standards</u></b>	450 – 500	= A
	400 – 499	= B
	350 – 399	= C
	300 – 349	= D
	0 – 299	= F

**B. Late and/or Make-up Policy**

**EXAMS**

There will be two non-cumulative exams in HLTH150. The midterm and final exams must be taken at the designated time and place unless you make special arrangements ahead of time. If an emergency arises, however, you must bring this to my attention by the end of the day on the exam date. A voice-mail or e-mail message is satisfactory for that immediate contact but it is still your responsibility to speak with me directly in order to plan for a make-up. Failure to do this will result in a score of zero for the exam. **Please note that it is the professor who determines the acceptability of the excuse.**

- ◆ The midterm exam is scheduled for **Date**\_\_\_\_. Any change will be announced in class.
- ◆ The final exam will be given according to the published College Schedule on **Date**\_\_\_\_\_.

**ASSIGNMENTS**

Several assignments/hand-ins are required, with due dates announced when given. Additionally, you must meet already specified standards in completing these assignments for you to qualify for a passing grade in the course.

- ◆ Assignments are to be turned in at the **BEGINNING** of the class period on the due date. **They are to be turned in to me.**
- ◆ Labs and Worksheets in class and for homework will **NOT** be accepted late or will not be allowed to be made-up outside of class. Pay attention to their due dates and turn them in on time.
- ◆ Any assignment will be accepted up to 24 hours after the due date, with an automatic loss of 50% of the points earned.
- ◆ Assignments are **not** to be left in the box on my office door, **nor** slipped under my office door, **nor** left in the main office. **ALL ASSIGNMENTS WILL BE TAKEN UP IN CLASS, ONLY, AT THE BEGINNING OF THE CLASS PERIOD.**
- ◆ **ALL** assignments must be neat and legible. Handwritten work must be in blue or black ink, not in pencil or colored ink, **OR POINTS WILL BE DEDUCTED.** You will be required to type some of your hand-ins. Work that you turn in must be a “**final copy.**” Thus, no scratching out is allowed but limited white out is acceptable.
- ◆ Sheets of a multiple-page assignment must be in designated order and must be **STAPLED SECURELY** together.
- ◆ VI. Student Code of Conduct

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A. Academic Honesty

All students are expected to achieve their goals with academic honesty. Cheating, plagiarism, and/or other forms of academic dishonesty or misconduct, examples of which are to be found in the Student Code of Conduct found at [http://cms.montgomerycollege.edu/pnp/#Chapter\\_4](http://cms.montgomerycollege.edu/pnp/#Chapter_4) , are not tolerated. Students caught violating the code of conduct will receive a grade of zero for that assignment/test. A second incident will result in a failing grade for the class and referral to the Dean of Students at my discretion. All students are responsible for the information located in the Student Code of Conduct and should complete the plagiarism tutorial at

<http://www.montgomerycollege.edu/library/plagiarismintr.htm>

B. Classroom Conduct

Students need to be on time for the start of class, and to remain in the classroom throughout the entire class period. Any behavior that disrupts the learning environment, or is disrespectful of or discourteous to the instructor or fellow classmates is inappropriate, undesirable, and unacceptable. These behaviors include:

- ◆ Arriving late
- ◆ Leaving early (without the instructor's prior consent)
- ◆ Walking out of the room and returning
- ◆ Eating or drinking in class
- ◆ Sleeping in class
- ◆ Phones – **TURN THEM OFF BEFORE ENTERING THE CLASSROOM AND KEEP THEM OUT OF SIGHT**
- ◆ Texting and disruptive conversations with classmates
- ◆ Reading or otherwise completing assignments for this or any other class
- ◆ Any other behavior deemed to be inappropriate by the instructor and for which the student has been warned

These behaviors will be subject to handling according to the College policies as outlined in the current Student Code of Conduct which can be found at [http://cms.montgomerycollege.edu/pnp/#Chapter\\_4](http://cms.montgomerycollege.edu/pnp/#Chapter_4). This includes being asked to leave the classroom for inappropriate behavior.

**VII. Collegewide Policies and Procedure:**

A. Attendance Policy

According to College regulations, students are expected to attend all class sessions. If you have excessive absences (more than one), as defined in the Student Handbook, you may be dropped from the course. If you simply stop coming to class, withdrawal from the course is ultimately the responsibility of the student. Class attendance factors into your grade for this course for activity sessions.

\*\*\* Throughout the semester the class will be meeting in the gym to exercise and complete assessments of physical fitness, students must be dressed in appropriate workout attire to participate in these class activities. Students who are not dressed in appropriate workout attire will not be permitted to participate

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in class and will not be allowed to make up the assigned assignments. Appropriate workout attire includes proper athletic footwear and comfortable clothing. Jeans, pajama bottoms, and hiking boots are not appropriate attire. **Workout days will be announced in class. If you miss class, you are still responsible for being prepared to exercise.**

In case of an absence, students are responsible for what they have missed. Thus, insure that you know how to contact a reliable classmate from whom you can obtain all necessary information, including class notes. Remember that it is generally agreed that there is a direct correlation between good grades and regular attendance, coupled with appropriate classroom behavior. **DUE DATES FOR ASSIGNMENTS AND EXAMS DO NOT CHANGE BECAUSE OF YOUR ABSENCE.**

If an emergency occurs before an exam, homework due date or group work (in-class meetings or presentation) the student **must contact the professor by the end of the missed class day and must have the proper documentation (car repair bill, traffic ticket, proof of illness, etc.) for the absence.** If you do not have proper documentation, or fail to contact me by the end of the missed class day, you will not be given a make-up exam, allowed to make up group work or missed assignments. **Please note that it is the professor who determines the acceptability of the excuse.**

If you know that you will be missing an exam, group work or written assignment ahead of time, you must speak with the professor **at least one week before** the exam, group meeting/assignment, or a written assignment due date to allow enough time for accommodations to be made.

B. Withdrawal and Refund Dates

It is the student's responsibility to drop a course. Non-attendance of classes or failure to pay does not constitute official withdrawal.

To view specific drop deadlines, log into your MyMC account:

- 1) Click on "My Class Schedule" under Student Quick Links
- 2) Select the current term
- 3) Click on "View Drop Deadline Dates" at the bottom of the page

C. Important Links for Students

Link to the Department of HE/ES/PE

<http://cms.montgomerycollege.edu/heespe/>

For more information about each of the following click on the link to college wide syllabus

<http://cms.montgomerycollege.edu/mcsyllabus/>

- A. Academic calendar When is Spring break? When are midterm exams? When does the Spring semester begin?
- B. ADA Information and Compliance
- C. Alert Montgomery System Sign up for Alert Montgomery the official emergency communications service for Montgomery County, MD. During a major crisis, emergency or severe weather event,

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Montgomery County officials can send event updates, warnings and instructions directly to you on any of your devices.

- D. [Code of Conduct](#) If you have questions regarding behavioral expectations.
- E. [Combat to College](#) If you are a military service member, veteran or dependent transitioning into college.
- F. [Counseling & Advising](#) Academic advising and short term counseling.
- G. [Disability Support Services](#) If you are requesting a reasonable accommodation related to a disability.
- H. [Forms](#) Graduation, involuntary withdraw, change of major, appeals.
- I. [Learning Centers and Academic Support Centers](#) If you are a student who would benefit from tutoring and/or support in reading, writing languages, mathematics, Science, and Technology.
- J. [Safety, Security, & Emergency Operations Plan](#) Contacts for security offices, Emergency guidelines & procedures, evacuations, Montgomery College Alert, Emergency Guidelines for Individuals with Disabilities.
- K. [Sexual Harassment or Discrimination](#)

### **VIII. Additional Information**

#### **Correspondence through Email:**

Your email account will be an official means of communication between you and Montgomery College. It is recommended that you check this account several times per week for official communication from the course. In addition, if you need to send an email to the professor, you must send it through this email address. Any communication sent from a personal email (i.e. yahoo, gmail, etc...) will be automatically deleted from the instructor's inbox. E-mails will be answered within 72 hours during **weekdays**. If an e-mail is sent during a weekend or holiday, please expect a reply the following working day. All emails will be returned, if you do not receive this message, assume I did not receive your original email.

All classes now have a blackboard site and we will use ours on a consistent basis. I will be sending emails, posting assignments and power points to blackboard throughout the semester so make sure you know how to use blackboard. If there are any issues please **Contact information for technical assistance with College-supported IT resources. (Montgomery College IT Help Desk at 240-567-7222)**  
[www.montgomerycollege.edu/delt](http://www.montgomerycollege.edu/delt).

#### **ASSIGNMENTS SENT TO ME VIA EMAIL WILL NOT BE GRADED.**

Do not send assignments via blackboard email UNLESS you had an emergency then send me an email stating your emergency and the assignment. Follow up by next time you are in class bring a hard copy of the assignment for me to grade and the note for your emergency. For school-related correspondence, all e-mails should be written with proper grammar, spelling and punctuation with no text abbreviations. All emails should be in proper professional format addressing who the email is to and signing who the email is from.

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**IX. Class Schedule**

**The following is the outline for the entire course semester, my suggestion is to post this or put due dates with deadlines for when assignments are due. I will not continually remind students of when assignments are due, this is our outline and I will refer you to read it.**

*The syllabi is a teacher/student binding contract of what we will accomplish this semester; let's make it a*

**ASSIGNMENT/ACTIVITY SAMPLES**

**OTHER**

Course will need to meet in a classroom and also in a fitness center location.

All other assignments and power points will be in dropbox in the HLTH150 Folder along with other resources and materials found online.

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Date	Department of Health, Behavior, and Society Topic of Health Class	Lab/Assignments In Class	Homework and Lab Assignments Due
	Introduction and Expectation of Class	Review syllabus	
	Overview of Layout of Class and Setting Goals Lab	Explain behavior mgmt. project	
	Healthy Risk of Weight Mgmt. (obesity epidemic)		View HBO Documentary
	HBO Part 1 Consequences	Discussion	
	Healthy Risk of Weight Mgmt. (Disordered Eating)	Discussion	Discussion questions Part 1
	HBO Part 2 Choices	Discussion	Discussion Questions Part 2
	Healthy Risk of Weight Mgmt. (Obese Child)		Discussion Questions part 3
	HBO Part 3 Children in Crisis	<b>Pedometer check</b> Discussion	Pedometer Program 10wks
	Analysis of Life HBO Part 4 Challenges	Dress for exercise Start Pedometer	Start week Pedometer due
			Discussion Part 4
	Mental Toughness/Measurements La	Motivation quiz	
	Behavior Modification and Motivation	<b>Are you ready to make a change?</b>	
	Exercise Lab	Dress for exercise	
	<b>Midterm Exam (75 points)</b>		
	Nutrition	<i>"Added Sugars" BBC</i>	
	Shopping Lab		
	Eating Behavior and Body Weight Regulation Healthy Vs. Unhealthy Debate	What kind of eater are you questionnaire? Bring information for debate	<b>Nutrition Analysis Assignment Due</b>
		<i>Dress for exercise</i>	

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	Lab Day Exercise		
	Eating Behaviors and Body Weight Regulation		
	Lab Day Exercise		
	Physical Fitness/How to design a fitness program	Dress for exercise	Food Documentary Assignment
	Exercise Walking/Running Lab Day		
	Energy Metabolism	<i>"The Truth about calories" BBC</i>	
	Stress Behaviors in Maintaining Weight		
	Lab Day Stress Relaxing	Dress comfy	
	<b><i>Group Fitness projects presentation</i></b>		
	Maintaining Weight for a Healthy Life		<b>Pedometer Summary Due</b>  <b>Behavior Project Due</b>
	Goals Lab		
	Maintaining Weight for a healthy Life		
	Exercise Lab		
	<b><i>Final Exam – 100 points</i></b>		