

**PHED 1164
Weight Control**

**Western Texas College
Department of Physical Education/Health**

- I. Basic Course Information
 - A. Course Description: This class is designed for students to understand the pitfalls of entering freshmen and their potential weight gain the first year of college. Classroom discussions and assignments will prepare the students for the activity section of this class later in the semester.
 - B. Prerequisites - No prior knowledge for entry into this course. It is preferred students enrolled are aware that this class is geared toward control of body weight, being overweight, and issues related.
- II. Student Learning Outcomes
 - A. The student will participate in research and discussions on topics of excessive body weight and health related issues, social issues, and personal issues. Students will be graded on their participation daily.
 - B. The student will participate in a researched activity program designed to improve the loss of excess body weight. A personal weight/activity log will be kept by each student.
- III. Major Course Requirements
 - A. Attendance and participation
 - B. Research and writing assignments
 - C. Group work each day; discussions of research
 - D. Participation in Exercise portion of the class
- IV. Information on Books and Other Course Materials
 - A. No textbook is required.
 - B. Research will be done in the Learning Resource Center and Internet.
- V. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:
 - A. Campus Calendar
 - B. Final Exam schedule
 - C. How to drop a class
 - D. Withdrawal information
 - E. Student Conduct/Academic Integrity
 - F. Students with disabilities
 - G. Departmental Policy in regard to make-up/late work. Students must explain and make up all excused absences as soon as possible after the absence
- VI. Course Organization & Tentative Schedule*

Week 1 & 2	Course introduction and general information and discussion regarding the class requirements and content. Topic assignments are given during this time relative to college life, nutrition, outlets for down time, and general rules of behavior.
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Week 3	Discussion groups will begin research and discussions of topics regarding dangers of excessive weight on the body - personal health issues, social issues, psychological issues, body image, types of dieting - danger or doable. Also, topics selected by students and approved by the instructor will be allowed. Example - overweight parents, overweight children.
Weeks 4 - 10	Students will be involved in research, presentations for the above informational assignments.
Weeks 11 - 16	Will be devoted to participation in an exercise weight reduction program for ALL students in this class. The final class will include a wrap-up discussion, evaluation of the class/instructor.

*The above schedule, policies, procedures, and assignments in this course are subject to change.

Last Modified: August 19, 2015