

PHED 14: NUTRITIONAL ASSESSMENT & FITNESS

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses; not open to students with credit in PHED 50C.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- students will become aware of their body fitness levels and body composition.
- Understand RDA's and food pyramid

Description

A study of nutritional concepts, body fat assessment and work-out programs for lifetime fitness.

Course Objectives

The student will be able to:

- recognize proper nutritional needs
- develop a personal assessment profile for nutrition and fitness
- develop goals; use goals and assessment to design and implement a personalized fitness program
- apply nutritional concepts to create a healthier lifestyle
- understand RDA and the food pyramid

Course Content

- Assessment of body composition
 - Methods of assessment and standards
 - Pre and post body composition testing
 - Interpretation of body composition results
 - Proper methods for weight loss or gain
- Nutritional analysis
 - Daily dietary log that will be entered into the computer and critiqued by the instructor
 - Meet with the instructor for individual nutritional instruction and data review
 - Review of nutritional and exercise literature to be distributed bi-weekly
 - Individual instruction on use of wellness equipment and application for total body nutritional fitness
- Increasing physical abilities
 - Increasing length and variety of cardio workout by using machines in the Fitness Center
 - Weight and strength training using free weights and machines

- Proper stretching techniques

Lab Content

Fitness, weight training, and conditioning exercises.

Special Facilities and/or Equipment

- Fitness Center equipment
- Computer access
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

- Individual nutritional plan
- Completion of notebook
- Class participation
- Physical Improvement

Method(s) of Instruction

Discussion, cooperative learning exercises, self-paced, oral presentations, laboratory, demonstration.

Representative Text(s) and Other Materials

Hopson, Janet L., Rebecca J. Donatelle, and Tanya R. Littrell. [Get Fit, Stay Well!](#) 3rd ed. San Francisco, CA: Pearson Education, 2014.

Powers, Scott K., Stephen L. Dodd, and Virginia J. Noland. [Total Fitness and Wellness: With Behavior Change Log Book and Wellness Journal.](#) 4th ed. San Francisco, CA: Benjamin Cummings, 2013.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Daily nutritional log can be written or completed with approved online food and fitness log resource.
- Articles pertaining to fitness and nutrition, for example Berkeley Wellness Letter.

Discipline(s)

Physical Education