Miami Dade College

Course Description
HLP1083 | Weight Management | 3.00 credits
This course is designed for students to develop an understanding of the role of exercise and nutrition as it applies to the implementation of a weight management plan.

Course Competencies:
Competency 1: The students will identify and analyze their current physical nutritional status by completing the following assessment techniques and comparing them to standard health norms by:
1. Managing body composition
2. Identifying "Dine Healthy" computer analysis
3. Monitoring cardiovascular/respiratory evaluations
4. Visualizing strength/flexibility
5. Evaluating resting metabolic rate

Competency 2: The students will demonstrate knowledge of a safe and effective way to manage weight by:
1. Describing the principle of aerobic and anaerobic training
2. Identifying the function and values of essential nutrients
3. Selecting foods for their nutritional values
4. Explaining the importance of creating an energy balance for weight maintenance
5. Distinguishing a variety of risk factors relating to obesity, eating disorders, and other related nutritional diseases
6. Critiquing popular diet fads
7. Modifying nutritional and exercise requirements for special populations
8. Planning healthy menus
9. Proper diet from a multicultural perspective

Competency 3: The students will develop an understanding of the recommended nutritional and training techniques necessary to initiate a lifelong program of weight management by:
1. Developing and implementing aerobic and anaerobic workouts
2. Following ACSM guidelines for exercise prescription
3. Following AHH, ACA, USRDA, ADA, and the CDC guidelines for nutrition

Competency 4: The students will document and reassess their modifications of eating and exercise behaviors through the use of nutrition and training journals by:
1. Recording all daily caloric expenditure during aerobic and anaerobic workouts
2. Reassessing body compositions and body weight to re-evaluate the progress of their exercise program
3. Listing and analyzing a seven-day nutritional plan using the Dine Healthy Computer Program
4. Comparing the pre- and post-nutritional plan for food selection improvement

Learning Outcomes:
• Communicate effectively using listening, speaking, reading, and writing skills
• Use quantitative analytical skills to evaluate and process numerical data
• Solve problems using critical and creative thinking and scientific reasoning
• Formulate strategies to locate, evaluate, and apply information

Updated: Fall 2025