

Syllabus for HWM 720 Exercise and Nutrition in Health and Disease

Important Note: This syllabus document contains the basic information of this course. The most current syllabus is available in the full course.

Course Description

This course investigates the roles that physical activity and nutritional practices play in the prevention, management, and treatment of chronic diseases and conditions such as obesity, cardiovascular disease, cancer, diabetes, COPD, arthritis, depression, and anxiety.

Prerequisite

Biology or Anatomy and Physiology (not both)

Course Learning Outcomes

At the end of the course, students should be able to:

1. Discuss the details and controversies surrounding prevailing recommendations for exercise as they relate to morbidity and mortality.
2. Discuss and elucidate the strengths and weaknesses of various exercise modalities as they relate to the prevention and management of chronic diseases.
3. Expound upon the notion that exercise is a powerful medicinal tool, which is instrumental in achieving enhanced quality of life.
4. Discuss the benefits of exercise compared with other therapeutic techniques such as pharmacological intervention and mental health counseling.
5. Discuss the influence of hypokinesia and diverse eating patterns on physical and mental health and well-being.
6. Evaluate contemporary diets to determine if they make sense in terms of scientific recommendations and practical considerations.
7. Discuss emerging nutritional perspectives and research in light of historical recommendations set forth by organizations such as the American Dietetics Association, American Heart Association, American Diabetes Association, and American Cancer Society.

Course Requirements

Readings/Viewings:

Readings come from external resources which includes articles, the websites of researchers and other reputable institutions and organizations, documentaries and other videos embedded in the course.

Additional resources include custom notes written by your professor interspersed throughout the course.

Learning Reflections and Case Studies

The Learning Reflections and Case Studies provide the opportunity to apply the skills and knowledge required for successful completion of the course. These must be well organized, use scholarly tone, follow APA style, be consistent in graduate-level writing/communication style, and be turned in on time. Check your grades for feedback on assignments, and refer to the Course Calendar for all due dates.

Activities

Your instructor strives to foster an inclusive, comfortable environment where students are encouraged to engage with the material. Students bring with them a rich diversity of experiences and perspectives. Sharing your views and ideas in class is encouraged as it often adds to the richness of the learning environment and in some cases may spark thoughtful discussion or debate.

In grading the required activities, the instructor will use a rubric. This rubric focuses on categories that define and describe the important components of the discussion. Each category contains a gradation of levels of completion or competence with a score assigned to each level and a clear description of what criteria need to be met to attain the score at each level. In addition, please pay attention to grammar and spelling.

Intervention Proposal

This final activity requires you to apply the theories and concepts you have learned throughout the semester. You will work with a simulated scenario in which you are the person in charge of the implementation of an intervention strategy to improve the nutrition and exercise (changes in lifestyle). This activity involves that you will establish the context and describe the conditions in which your proposal will be applied (e.g., type of company, environment, location, your job and responsibilities, etc.). The proposal should include all the information needed by another person to implement the activity.

Policy on Late Assignments:

Students are expected to submit assignments by the due dates noted in the course. In extenuating circumstances, the student must contact the instructor as soon as possible to discuss the situation. In those circumstances, the appropriate course of action will be discussed.

Grading Policy

Learning Reflections and Case Studies (9)	36
Activities (3)	45
Intervention Proposal	15
Self-Evaluation: Nutrition and Exercise Habits	2
Final Reflection	2
Total	100 Points

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	0-59%