

Exercise Science Program
School of Health Sciences
Oakland University

Course: EXS 2400 - Weight Control, Nutrition and Exercise

CRN: 13815

Course Credits: 4 Credits

Semester/Year: Winter 2018

Location/Time: On-line

Instructor: Mary Anne Mikus, M.S.

Office Hours: Tuesday's and Thursday's - 11 a.m. – noon or by appointment
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Course Description

Theories dealing with weight loss and nutrition including such topics as fundamental nutrition, the relationship of foods to weight control, the physiology of weight loss and the body's internal weight control mechanisms will be discussed. This course is recommended for students attempting to develop the necessary skills for successful weight management and nutrition habits.

Course Objectives

At the conclusion of the course the student will have an understanding of the following:

- ✓ The role of lifestyle in disease prevention
- ✓ Disease process related to lifestyle
- ✓ The mechanism of change
- ✓ Basic nutrition
- ✓ The psychology of change
- ✓ The role of nutrition in exercise and sport
- ✓ Energy systems used during exercise
- ✓ The energy value of food and of physical activity
- ✓ Evaluation of body composition
- ✓ The nature and dangers of obesity
- ✓ Weight control mechanisms and methods
- ✓ Behavior modification – eating and exercise
- ✓ Aging, exercise and cardiovascular health

Course Procedures

This course is a completely on-line class. On-line classes require that you are disciplined and self-motivated. If you are under the impression that an on-line class is an “easy way out” wrong!!! My experience with on-line classes is that it actually is more work for the student AND the instructor. There are many benefits to on-line classes. It may sound funny to say this about an on-line class but **being present and engaged is imperative to success in this class**. An on-line class of this type will be as good as how engaged all of the students are. So let's make this an awesome class!!

Book

Nutrition for Healthy Living, Schiff, Wendy J., McGraw Hill Education, 4th Edition, ISBN 978-1-259-89350

Options for purchasing the book can be found here:

<http://connect.mheducation.com/class/m-mikus-crn-13815-winter-18>

Purchasing the book in this way will be less expensive than purchasing the access code at the bookstore. This is totally up to you, but please know that **you MUST have an electronic book in order to do well in this class**. Please note under “Grading” that the electronic reading accounts for 10% of your grade (100/1000 points).

There is a PowerPoint and a YouTube video on-line to help you if you have any questions about purchasing the book and/or registering your e-book for this class.

These are valuable materials that will help you to make sure and get credit for your reading.

Grading

Evaluation of your work will be as follows:

- ✓ Weekly Quizzes – 200 points
- ✓ Learn Smart Study Modules (reading) – 100 points
- ✓ Assignments – 480 points
- ✓ Course Exam – 220 points

Total Points - 1000

See “Rules for the Road – EXS 2400” for more explicit information regarding your work.

See “Academic Conduct Policy” for information regarding expectations regarding your work.