Tompkins Cortland Community College

Master Course Syllabus

Course Discipline and Number: FITN 208 **Year: 2025-2026**
Course Title: Weight Control **Credit Hours: 1**

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description

This course focuses on basic principles of weight control through diet and exercise. Each student designs a weight management program to meet individual goals. Theory and physical exercise are the primary focus. Prerequisites: Prior completion or concurrent enrollment in ENGL 099 and RDNG 099 if required by placement testing. 1 Cr. (2 Lab.) Fall and spring semesters.

Course Context/Audience

FITN 208 can be used to fulfill an unrestricted elective requirement. Students should be aware that up to three FITN electives can be used for degree requirements. The course is appropriate for someone who wants to learn about nutrition and embark upon a basic exercise program. The course deals with issues relating to weight gain as well as weight loss. A complete health physical by a licensed physician is recommended for all physical activities including this course.

Basic Skills/Entry Level Expectations

Writing: W1 Student should be taking ENGL 099 (if needed). The course requires very limited writing, e.g., short written responses of a paragraph or less.

Math: M0 Course requires very little or no math.

Reading: R1 Course may be taken concurrently with RDNG 099.

Course Goals

Students will understand the food pyramid.

Students will understand basic nutrition and how to implement a healthy diet.

Students will appreciate the role exercise plays in maintaining a healthy weight.

Students will understand the relationship between physical fitness and mental well-being.

Students will understand the elements that contribute to the loss/gain of weight.

Course Objectives/Topics

Objective/Topic	# Course Hours
Students will be able to design a weight management plan.	2 Hours

Students will understand the role of nutrition in a weight management plan.	3 Hours
Students will understand the role of exercise in a weight management plan.	3 Hours
Students will understand the effect of stress.	1 Hour
Students will understand the “Total Wellness Concept”.	1 Hour
Students will understand the components of fitness.	1 Hour
Students will understand the FIT principles.	1 Hour
Students will properly utilize the equipment in the Fitness Center.	18 Hours

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	**HOW DOES THE COURSE ADDRESS THE OUTCOMES** (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
Students will be able to ➢ develop meaningful questions to address problems or issues. ➢ gather, interpret, and evaluate relevant sources of information. ➢ reach informed conclusions and solutions. ➢ consider analytically the viewpoints of self and others.	Students will research and implement a weight control plan that will require them to gather, analyze and evaluate data regarding the success of their individual plan.
SOCIAL/GLOBAL AWARENESS OUTCOMES	**HOW DOES THE COURSE ADDRESS THE OUTCOMES** (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
➢ Students will begin to understand how their lives are shaped by the complex world in which they live. ➢ Students will understand that their actions have social, economic and environmental consequences.	A person’s health is directly related to the impact they have on the world including work, socializing, family and etc. When a person is not healthy, they are not as able to contribute to the global society. Weigh Control is one part of a person’s health that can have a great impact on that person’s life.

Instructional Methods
An appropriate weight modification target is adopted, based on the student’s personal weight and his or her goals.

A body composition test is used to evaluate the student’s progress at the beginning and end of the course.

The food pyramid is presented through lecture and handouts.

Nutrition labeling is learned through outside class assignment and in-class discussion.

Students relate personal diet experiences to illustrate successful and unsuccessful methods.

Students use the web to research diet publications and present/compare their findings in class.

In-class discussion regarding media role models and how they influence self-worth.

Students bring a lunch to class to discuss nutritional value.

Methods of Assessment/Evaluation

Method	% Course Grade
Grades are determined by points accumulated throughout the semester as follows:	
Participation in all class sessions including the exercise portion	20-30%
Log 36 miles on the cardio machines in the TC3 fitness center	10-20%
Notebook including an individual weight plan, nutrition exercise journal, and report on history of weight problem	20-40%
Quiz on material covered in class	5-20%
Weight loss/gain –points per pound lost or gained from first weigh in to last weight in, or fitness test, or combination of fitness test and weight loss/gain	5-15%
100 Percentage points total	

Text(s)

Bibliography

Bishop, Jan Galen Fitness through Aerobics, © 1995

Dusek, Dorothy, Weight management the fitness way, RA776 .D94 1989, © 1989

Hensrud, Donald D., Mayo Clinic on healthy weight, © 2000

Hesse-Biber, Sharlene Janice, Am I thin enough yet?, BF697.5.B63 H47 1996, © 1996

Hensrud, Donald D., Mayo Clinic on healthy weight, RM222 .M39 2000, © 2000

Jonas, Steven, Take control of your weight, RM222.2 .J616 1993, © 1993

Kravitz, Len, Anybody's total Fitness, © 2000

Narayan, Susan, Nutrition, TX360 .U9 2002, © 2002

North, Larry, Living lean, RA776.5 .N68 1997, © 1997

Other Learning Resources

Audiovisual A guide to daily food choices. The latest governmental guidelines. VHS How to lose weight. Media RM222.2 .H68 pt.1 1978.
Electronic Shephard, Roy J., Exercise and the heart in health and disease, Electronic book.
Other No resources specified