

Reedley College

Proposed Course Modification

Course # / Title FN 258 Weight Control

CHECK OFF SHEET

PRELIMINARY STEPS. Do before completing Course Modification Form.

(EACH BOX SHOULD BE CHECKED AS COMPLETED BEFORE SUBMISSION.)

1. Communicate with the Curriculum Chair regarding intent to modify an existing course outline (recommended, not required).
2. List term for implementation of modifications:
 Fall _____ Spring 2010 Summer _____
3. Check one:
Do not complete Fresno City College course alignment page if:
 No similar course or program at FCC.
_____ Course currently in common with FCC course or accepted in lieu of and changes will not affect status.

Complete Fresno City College course alignment page if:
_____ Course currently in common with FCC course or accepted in lieu of. Changes may affect status. Consult with counterparts at FCC and complete alignment page
_____ Course not in common or accepted in lieu of but may be with proposed changes consult with FCC counterparts

4. Changes sought in the following:
- | | | |
|-----------------------------|-----------|----------|
| CSU General Education Code | Yes _____ | No _____ |
| Transfer Baccalaureate List | Yes _____ | No _____ |

If yes to either, schedule an appointment with the Articulation Officer

5. Changes sought in number of repeats for credit:
- _____ Yes
_____ No

If yes, secure a **Course Repetition** form from the Curriculum Office.

PROPOSED COURSE MODIFICATION FORM

- Appropriate sections of Course Outline of Record completed.

FINAL steps (Do after completing Course Outline of Record)

1. Signature Form. Secure signatures of the Department Chair and the Associate Dean before submitting the completed course proposal to the Curriculum Office.
2. Program Description. Course modification will change an existing program which is or will be described in the college catalogue.
- _____ Yes _____ No

If yes, complete **Program Description Form** before submitting modification.

3. Final Check. All items above have been completed and checked off before modification is submitted.

**Reedley College
PROPOSED COURSE MODIFICATION**

All changes and modifications in the official course outline must come to the Curriculum Committee. Though minor changes may seem obvious, even these need to come to committee for information and to update the official curriculum. Changes in programs or in several department offerings should be submitted together if possible so that the whole picture is clear.

OUTLINE. Please fill in current existing course number, title, and units for course to be modified.

Department Food and Nutrition Course No. Fn 258
 Course Title Weight Control Units 1
 Effective Date _____

**A. PROPOSED CHANGES.
(Indicate below all proposed changes to be made in the course outline.)**

I. Cover Page

- | | |
|---|--|
| <p>_____ 1. Course ID
 _____ 2. Course Title
 _____ 3. Units
 _____ 4. Lecture/Lab Hours
 _____ 5. Grading Basis
 _____ 6. Entrance Skills: Basic Skills Prerequisites/Advisories
 _____ 7. Subject Prerequisites/Corequisites/Advisories</p> | <p>_____ 8. Classification (Degree applicable, Non-degree applicable, or Pre-collegiate Basic skills)
 _____ 9. General Education Pattern, Graduation Requirement, and Major Category
 _____ 10. General Education Pattern/Baccalaureate (CSU)
 _____ X 11. Repeatability
 _____ 12. Catalog Description</p> |
|---|--|

Other pages

- | | |
|--|---|
| <p>_____ II. Course Outcomes
 _____ III. Course Objectives
 _____ IV. Course Content Outline
 _____ V. Approved Readings</p> | <p>_____ VI. Methods of Grading
 _____ VII. Levels of Educational Materials
 Additional Pages (optional depending on course)
 _____ Request for Repeatability/Limitation on Enrollment</p> |
|--|---|

B. DESCRIPTION OF CHANGES AND MODIFICATIONS.

ITEM NO.	CHANGED FROM	CHANGED TO	REASON
11	1 repeat	No repeat	

(Additional sheets may be attached if necessary.)

C. EXPLANATIONS. If course modification results in changes in the program which will require use of the program description form, please give rationale.

Please attach the complete outline before modifications to this form. If only the first page of the outline is being modified, also attach the new first page. If other pages of the outline are being modified, please attach the complete new outline.

SIGNATURE FORM

Submission/Recommendation/Action

Course Department and Number: FN 258

Course Title: Weight Control

Effective Date: Spring 2010

1. Submitted By: Alan B. Avakian Date: 3/20/09

2. Reviewed by Department:  Date: 3/20/09
Department Chair's Signature
Attach department recommendation. (optional)

3. Received/Reviewed by Dean of Instruction:  Date: 3/20/09
Dean's Signature

4. Approved by Curriculum Committee on: _____
Date

Curriculum Committee Chair Date

Vice President of Instruction Date

5. Reviewed by Articulation Officer: _____ Date: _____

CSU GE Code submitted for articulation: _____



CREDIT COURSE OUTLINE

I. COVER PAGE

(1) FN 258 (2) WEIGHT CONTROL (3) 1
Number Title Units

(4) Lecture / Lab Hours:			(8) Classification:		
Total Course Hours					
Total Lec hours:	18		Degree applicable:		
Total Lab hours:	0		Non-degree applicable:		x
			Pre-colliate basic skills:		
Lec will generate <u> 0 </u> hour(s) outside work.			(9)RC Fulfills AS/AA degree requirement: (area)		
Lab will generate <u> 0 </u> hour(s) outside work.			General education category:		
			Major:		
(5) Grading Basis:	Grading Scale Only		(10)CSU Baccalaureate:		
	Pass/No Pass option	x	(11)Repeatable: (A course may be repeated three times)		
	Pass/No Pass only		No		
(6) Basic Skill Prerequisites:			For Office Use Only		
Basic Skill Advisories:			New	Mod	Effective Date:
Eligibility for ENGL 125 and ENGL 126			SAM Priority:		DATATEL ID:
(7) Subject Pre-requisites(requires C grade or better):			Unit Code:		TOPS Code:
Subject Corequisites:			Reporting ID:		Date Reporting ID Assigned
Subject Advisories:			Program Status:		Course LHE
			Replaced by:		
			Date:		

(12) Catalog Description:
Consumption of food for optimal health. Development of physical activity as part of life style. The relationship of weight control to health, causes of obesity, successful weight control techniques, and undesirable weight loss methods.

II. COURSE OUTCOMES:

(Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)

Upon completion of this course, students will be able to:

- A. Distinguish the various influences on food choices.
- B. Judge the components of fitness.
- C. Recognize the health benefits of regular exercise.
- D. Prepare a plan for an active environment.
- E. Relate how dieting may affect body weight and disease.
- F. Differentiate the various methods of assessing body composition and body weight.

III. COURSE OBJECTIVES:

(Specify major objectives in terms of the observable knowledge and/or skills to be attained.)

In the process of completing this course, students will:

- A. Discuss the factors that affect food choices.
- B. Describe the components of fitness.
- C. List the health benefits of regular exercise.
- D. Indicate ways to create an active environment.
- E. Recognize the diseases in which extra body weight is a risk factor.
- F. Compare and contrast body composition and body weight.
- G. Analyze techniques that may be used to measure body fat.
- H. Describe how dieting may affect body weight.
- I. Recognize the health risks of underweight, anorexia nervosa, and bulimia.

IV. COURSE OUTLINE:

- A. The problems of underweight and overweight
- B. Body weight and body composition
- C. Causes of obesity
- D. Strategies for weight loss or weight gain
- E. Choosing a goal weight and developing a weight control plan
- F. Nutrition in practice: eating disorders
- G. The active environment and the non diet approach

V. APPROPRIATE READINGS

Reading assignments may include but are not limited to the following:

A. Sample Text Title:

Instructor provided readings

B. Other Readings

Global or international materials or concepts are appropriately included in this course

Multicultural materials and concepts are appropriately included in this course

If either line is checked, write a paragraph indicating specifically how global/international and/or multicultural materials and concepts relate to content outline and/or readings.

This course will explore the prevalence of obesity in the United States compared to that of other countries.

Students will have an opportunity to learn how body image ideals are formed based on culture.

VI. METHODS TO MEASURE STUDENT ACHIEVEMENT AND DETERMINE GRADES:

Students in this course will be graded in at least one of the following four categories. Please check those appropriate. A degree applicable course must have a minimum of one response in category A, B, or C.

A. Writing	
Check either 1 or 2 below	
<input checked="" type="checkbox"/>	1. Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.
<input type="checkbox"/>	2. Substantial writing assignments are NOT required. If this box is checked leave this section blank. For degree applicable courses you must complete category B and/or C.
<input type="checkbox"/> a) essay exam(s)	<input checked="" type="checkbox"/> d) written homework
<input checked="" type="checkbox"/> b) term or other paper(s)	<input checked="" type="checkbox"/> e) reading reports
<input type="checkbox"/> c) laboratory report(s)	<input type="checkbox"/> f) other (specify)

Required assignments may include but are not limited to the following:

1. Critiques of films and articles
2. Develop a plan for weight control

B. Problem Solving

1. Computational or non-computational problem-solving demonstrations, including:	
a) exam(s)	d) laboratory reports
b) quizzes	e) field work
c) homework problems	f) other (specify):

Required assignments may include but are not limited to the following:

C. Skill demonstrations, including:	
<input checked="" type="checkbox"/> a) class performance(s)	<input checked="" type="checkbox"/> c) performance exams(s)
b) field work	d) other (specify)

Required assignments may include but are not limited to the following:

1. Evaluate body/body-fat composition

D. Objective examinations including:	
<input checked="" type="checkbox"/> a) multiple choice	d) completion
<input checked="" type="checkbox"/> b) true/false	e) other (specify):
c) matching items	

COURSE GRADE DETERMINATION:

Description/Explanation: Based on the categories checked in A-D, it is the recommendation of the department that the instructor's grading methods fall within the following departmental guidelines; however, the final method of grading is still at the discretion of the individual instructor. The instructor's syllabus must reflect the criteria by which the student's grade has been determined. (A minimum of five (5) grades must be recorded on the final roster.)

If several methods to measure student achievement are used, indicate here the approximate weight or percentage each has in determining student final grades.

Critiques of films and articles	10%
Participation	20%
Written Exams	50%
Written weight control plan	20%

VII. EDUCATIONAL MATERIALS

For degree applicable courses, the adopted texts, as listed in the college bookstore or instructor-prepared materials have been certified to contain college-level materials.

Validation Language Level (check where applicable):

College-Level Criteria

Met
YES NO

Textbook	_____	_____
Reference materials	_____	_____
Instructor-prepared materials	_____	_____
Audio-visual materials	_____	_____

Indicate Method of evaluation:

- Used readability formulae (grade level 10 or higher) _____
- Text is used in a college-level course _____
- Used grading provided by publisher _____
- Other: (please explain; relate to Skills Levels) _____

Computation Level (Eligible for MATH 101 level or higher where applicable) _____

Content

Breadth of ideas covered clearly meets college-level learning objectives of this course _____

Presentation of content and/or exercises/projects:

Requires independent thought and study _____

Applies transferring knowledge and skills appropriately and efficiently to new situations or problems. _____

List of Reading/Educational Materials

Instructor provided readings

Comments:

_____ This course requires special or additional library materials (list attached).

_____ This course requires special facilities: