

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**NONCREDIT COURSE**

(Use this form only for Noncredit courses)

**COURSE NUMBER AND TITLE:     CNED 385 Nutrition, Diet, and Weight Control**

**MINIMUM NUMBER OF SEMESTER HOURS:     16**

**SCOPE OF COURSE:**

This course utilizes behavior modification for weight reduction and maintenance. It incorporates basic nutrition, label reading, current health items, image identity, journal writing, acupuncture for weight control, and the importance of a life-long exercise plan for well-being and stress reduction.

**SPECIFIC COURSE OBJECTIVES:**

The successful student will:

1.     Keep a food diary each week.
2.     Analyze his/her appropriate body shape.
3.     Practice eliminating cues that cause over eating.
4.     Practice putting the fork down between bites.
5.     Discover several detrimental behavior chains that lead to     overeating and guilt.
6.     Practice problem-solving techniques.
7.     Preplan meals.
8.     Practice portion control during holidays and parties.
9.     Identify the basic energy nutrients.
10.    Identify nutrients found in foods.
11.    Identify the food pyramid groups and appropriate portions.
12.    Incorporate more nutritious foods in daily menus.
13.    Evaluate different types of exercise and learn why aerobic exercise is the best for weight loss and maintenance.
14.    Participate in an aerobic program.
15.    Lose weight while striving to maintain healthy body size.
16.    Maintain a journal related to course.
17.    Review and select pertinent items from instructor's reading list.
18.    Experience an increase in positive self- image.
19.    Count calories of energy expended.
20.    Select and share pertinent articles and recipes with    class.
21.    Ascertain appropriate caloric and fat intake to meet goals.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I.     Behavior Modification
  - A. Food diary
  - B. Food plan

- C. Negative cue elimination
- D. Ration of eating
- E. Behavior chains
- F. Problem solving
- G. Preplanning
- H. Energy consumption and use
- I. Snacks, cues, holidays
- II. Nutrition
  - A. Body and digestion
  - B. Energy nutrients
  - C. Food groups
  - D. Vitamins, minerals
  - E. Recipes
  - F. Caffeine
  - G. Food combination
- III. Exercise and Metabolism
  - A. Fit or fat?
  - B. Individual program
- IV. Journal Writing
- V. Touch for Health
  - A. Energy pathways
  - B. Acupressure for weight loss
  - C. Food testing
- VI. Exercise, Diet and Health Videos
- VII. Discussion of Current Trends and Issues

**MATERIALS REQUIRED:**

Notebook or journal recommended.

**TEXTS RECOMMENDED OR REQUIRED:**

Instructor will supply appropriate handouts.

**INSTRUCTIONAL METHODOLOGY:**

Lecture, small and large group discussion, guest speakers, movies, self-motivation of student, problem-solving techniques.

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes \_\_\_\_\_ No  X

**If yes, check all that apply.**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**METHODS OF DETERMINING WHETHER THE STATED OBJECTIVES HAVE BEEN MET BY STUDENTS:**

Students will share progress with one another and the instructor, if they desire, during the semester. Students will compare their original goals and their progress attained at the end of the semester to ascertain whether or not they have met their individual goals. Students will self-evaluate and determine how they want to continue with their personal program.

**CONTACT PERSON:** Lee Kerckhove, x2154

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| <b>SIGNATURES ON FILE:</b> |
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