

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 272 – ISSUES IN CHILDHOOD OBESITY

1 hour lecture, 1 unit

Catalog Description

Survey of current knowledge relating to the cause and prevention of childhood obesity. Content will include suggested physical activity planning and nutrition guidelines, as well as historically relevant trends in regards to childhood obesity, diet and physical activity.

Prerequisite

None

Course Content

- 1) What science says about childhood obesity
- 2) Fat: what it is and what it isn't
- 3) Feeding and growing kids: they aren't just small adults
- 4) Understanding nutrition and digestion
- 5) How childhood obesity and disease are related
- 6) Getting kids moving
- 7) Cooking healthy with kids

Course Objectives

Students will be able to:

- 1) Investigate and list causes and risk factor associated with childhood obesity.
- 2) Demonstrate methods to assess body size, type and composition.
- 3) Describe and demonstrate methods of increasing physical activity in children.
- 4) Describe and prepare appropriate snacks for children.
- 5) Evaluate the contribution of school menus in preventing or contributing to childhood obesity to determine efficacy.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of fitness principles and strategies that can improve health and well-being of children.
- 2) Written report documenting the latest research regarding childhood obesity including contributing factors, the results of various programs, medical interventions, surveys, etc., that aid in the understanding and treatment of childhood obesity.

Special Materials Required of Student

None

Minimum Instructional Facilities

Lecture classroom

Method of Instruction

- 1) Lecture
- 2) Class discussion
- 3) Online assignments

Out-of-Class Assignments

- 1) Research project on current government policies and interventions regarding childhood obesity
- 2) Assigned reading
- 3) Produce a sample of a nutritious snack for children

Texts and References

- 1) Required (representative examples):
 - a. American Academy of Pediatrics, *Preventing Childhood Obesity in Early Care and Education Programs: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards*. 3rd edition. APHA Press, 2019.
 - b. Durr, *It's Not About Childhood Obesity: It Is About Being Healthy for Life*. Inspiring Voices, 2013.
 - c. Zinczenko, David, *Eat This Not That! For Kids*. 3rd edition. Rodale Publishing, 2008.
- 2) Supplemental: None

Student Learning Outcomes

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

- 1) List causes and risk factors associated with childhood obesity.
- 2) Describe methods of increasing physical activity in children including the use of pedometers.