

## 2021-22 ACADEMIC COURSES

### BIO 142 : FUND NUTRITION, EXER & WEIGHT

In this course, students explore the relationship between nutrition and energy expenditures as they apply to body mass regulation. Students will be introduced to concepts such as nutrition, metabolism, and energy transfer, exercise energy utilization, and the bioenergetics of food and activity. Students will assess body composition such as body fat and lean mass. Concepts of obesity, weight control, modification of eating and exercise behaviors, diet practices and psychosocial aspects of weight control will be discussed. The physiologic considerations in total fitness such as strength, anaerobic and aerobic power will be covered. This course was previously titled Introduction to Nutrition, Exercise & Weight Control.

**Level I Prereq:** Academic Reading and Writing Levels of 6     **Corequisites:** PEA.115

Description	Hours
Credits	3
Lecture Hours	45
Clinical Hours	0
Lab Hours	0
Other Hours	0
Total Hours	45

Accurate as of 10/22/2021 Information is subject to change without notice.

#### 2021-22 Class offerings by semester

Swipe left to see full chart