

Lifestyle as Medicine
KIIN 2030; Spring 2023; 2 units

Professor Ward— Alisaward@pointloma.edu | 619 849-2557 | Office Hours: 9am-11am M—Th

Section 1 | T Th 11:00-11:55am—KIN 1

Section 2 | M W 12:15-1:10pm—KIN2

Section 3 | T Th 12:25-1:20pm—Latter Hall 102

Section 4 | T Th 1:30-2:25pm—Latter Hall 102

PLNU Mission—To Teach—To Shape—To Send—Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Course Description— This course empowers students to optimize health and well-being through the power of their own lifestyle behaviors. With a whole person approach to wellness and a focus on the six pillars of lifestyle medicine—regular physical activity, plant-predominant diet, stress management, restorative sleep, avoidance of risky substance use and cultivating positive social connection—students will be equipped with evidence-based approaches to prevent and manage chronic diseases in their families, communities and their own lives.

Major Topics—

Understanding Lifestyle Medicine	Mindfulness
Empowering People to Change	The Power of Connection
Collaborating & Goal Setting	Stress and Resilience
Improving Health Through Exercise	Positively Positive
The Nutrition-Health Connection	Substance Abuse
Sleep Matters	

Class Structure—This is a lecture and activity class. Scheduled class meetings will be utilized primarily for lectures and group activities. At minimum, 150 minutes per week of aerobic activity are required each week at the student’s convenience. Physical testing is designed to confirm participation in an exercise program.

Canvas—Quizzes covering the text will be taken online via Canvas. Syllabus, assignments and lectures are also available on Canvas.

Textbook—*Frates B, Bonnet J, Joseph R, Peterson J. Lifestyle medicine handbook: an introduction to the*

power of healthy habits. Healthy Learning; 2018. (ISBN: 9781606794135). *Be sure to publish the 2018 edition.*

Cognitive Evaluation—

Exams—Two exams covering materials from the lectures and the text

Chapter Quizzes—multiple choice, short answer responses, matching, T/F questions

Assignments—*late assignments are not accepted*

Activity Logs—due every 3rd week

Nutrition Analysis—evaluate your own nutritional habits and comment on how you can improve whatever shortcomings are brought to your attention by the analysis.

Course Evaluation—fill out the course evaluation via Canvas at the end of the semester.

Reflection Paper—your final exam is a reflection paper at the end of the semester, post body comp & step test.

Active Participation (Physical Evaluation)—Students will receive points for either maintaining your current high fitness level or by making progress toward an improved fitness profile. Students will also receive points for participation and attendance. *Students who miss three classes or more will be docked 5 points for every additional absence (excused or unexcused).* Three tardies will count as one absence. Students will also receive points for actively participating in class discussions. *“Thought of the Day” or an in-class quiz will often count as 5 points for attendance and cannot be made up when absent.*

Fitness Parameters—students will complete pre & post testing on the following fitness parameters:

1. Cardiovascular Testing—three-minute step test
2. Muscular Endurance—curl ups + push-ups
3. Muscular Strength—curl ups + push-ups
4. Flexibility—shoulder girdle test + hamstring flexibility
5. Body Composition—measured by InBody body composition analyzer (*completely optional*)

Course Learning Outcomes—students will:

- understand and live out national standards of optimal health, nutrition, and fitness
- discuss the role of nutrition and physical activity in health and weight management
- develop a basic fitness program and know the benefits of different types of physical activity
- describe the association of diet, lifestyle and chronic disease prevention
- develop an understanding of self that fosters personal well-being
- identify the various risk factors and health behaviors involved in the development of lifestyle-related health problems for college-aged adults

Final Exam—Your final exam will be your fitness assessment & reflection paper. Class will not meet together the week of final exams.

Grading —Your assignments will be posted regularly on Canvas. You will always have access to your current grade.

Grading Scale—Your total percentage score will not be rounded up to the nearest percentage. You will have access to your current grade throughout the semester.

100 – 93% = A	86 – 83% = B	76 – 73% = C	66 – 63% = D
92 – 90% = A-	82 – 80% = B-	72 – 70% = C-	62 – 60% = D-
89 – 87% = B+	79 – 77% = C+	69 – 67% = D+	59% - below = F

Attendance and Participation—Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.

Academic Honesty—Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one’s own when in reality they are the results of another person’s creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See [Academic Policies](#) for further information.

Academic Accommodations— If you have a diagnosed disability, please contact PLNU’s Educational Access Center (EAC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at EAC@pointloma.edu.

Course Credit Hours Information—In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2 unit class delivered as a semester course. Specific details about how the class meets the credit hour requirement can be provided upon request.

This course meets a General Education requirement as we “Explore an Interdependent World” through “Physical Fitness and Nutrition.” Mind, Body, and Spirit are uniquely brought together in this course, as we become Liberally Educated.

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