



College of Health Sciences, Kinesiology Department

**KIN 2030 Lifestyle as Medicine**

2 Units

*Fall 2023*

**MWF 8:30 am – 9:25 am**

**Colt Forum**

**Final Exam: due online by Wednesday, December 13 by 11:59 pm**

<b>Instructor title and name:</b>	Dr. Heidi Lynch, PhD RDN
<b>Phone:</b>	619-849-3306
<b>Email:</b>	<a href="mailto:hlynch@pointloma.edu">hlynch@pointloma.edu</a>
<b>Office location and hours:</b>	Mondays 9:30 am – 1:00 pm Wednesdays 9:30 am – 12:00 pm Location: main Kinesiology office area (space between K1 & K2 in building between gym & tennis courts)

**PLNU Mission**

Rev 06.16.23

## **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.

### **Foundational Explorations Mission**

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

### **Course Description**

Course catalog 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.

Amplified description: This course is intended to help students take ownership of their health and wellness through a variety of hands-on activities, on-campus “field trips”, readings & reflections, and class discussions. Come prepared to learn, grow, and share together!

### **Program and Course Learning Outcomes**

Students will:

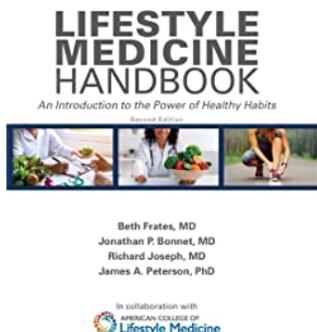
- understand and live out national standards of optimal health, nutrition, and fitness
- discuss the role of nutrition and physical activity in health and weight management
- develop a basic fitness program and know the benefits of different types of physical activity
- describe the association of diet, 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

### **Foundational Explorations Learning Outcome**

- 1) Students will develop an understanding of self that fosters personal wellbeing.

### Required Text

Frates, B. (2019). *The Lifestyle Medicine Handbook: An Introduction to the Power of Healthy Habits*. 2<sup>nd</sup> edition. Healthy Learning Publishing.



### Assessment and Grading

Grades will be based on the following:

#### Standard Grade Scale Based on Percentages

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

### Final Examination Policy

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Class Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a

different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

NOTE: This class will NOT meet in person for final exams!!! Your final exam is to be submitted on Canvas by 11:59 pm on the day of your scheduled final exam based on the schedule above.

### **Content Warning**

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive various types of information. In Lifestyle as Medicine, all of the class content, including that which may be intellectually or emotionally challenging, has been intentionally curated to achieve the learning goals for this course. The decision to include such material is not taken lightly. These topics include the role of weight and health. If you encounter a topic that is intellectually challenging for you, it can manifest in feelings of discomfort and upset. In response, I encourage you to come talk to me or your friends or family about it. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of health and wellness, and I will support you throughout your learning in this course.

### **Incompletes and Late Assignments**

All assignments are to be submitted/turned in by their posted time—including assignments posted in Canvas. Late assignments will automatically incur a 50% penalty. If you have extenuating circumstances, please contact me promptly.

### **Spiritual Care**

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the Office of Spiritual Life and Formation.

### **State Authorization**

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the

institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

### **PLNU Copyright Policy**

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

### **PLNU Academic Honesty Policy**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. 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. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

### **Artificial Intelligence (AI) Policy**

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. For example, if you use ChatGPT, you must cite ChatGPT including the version number, year, month and day of the query and the statement "Generated using OpenAI. <https://chat.openai.com/>" If you have any doubts about using AI, please gain permission from the instructor.

### **PLNU Academic Accommodations Policy**

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

## **Language and Belonging**

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

## **Sexual Misconduct and Discrimination**

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at [pointloma.edu/Title-IX](http://pointloma.edu/Title-IX). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix).

## **PLNU Attendance and Participation Policy**

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of 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 an “F” grade.

#### TENTATIVE COURSE SCHEDULE OVERVIEW

Week	Day	Date	Topic	Assignment due*
1	Mon	8/28	Intro, fitness testing details	
	Wed	8/30	FEMALES ONLY: fitness assessment	
2	Mon	9/4	<b>NO CLASS: LABOR DAY</b>	Fitness test results & survey due on Canvas
	Wed	9/6	MALES ONLY: fitness assessment	
3	Mon	9/11	Understanding Lifestyle as Medicine	Ch 1 quiz
	Wed	9/13	Empowering People to Change	Ch 2 quiz
4	Mon	9/18	Collaborating, Motivating, Goal-Setting, and Tracking	Ch 3 quiz
	Wed	9/20	Improving Health Through Exercise (PAG)	Ch 4 quiz

5	Mon	9/25	<b>Field trip:</b> tour of weight shed, sport performance area	Wear clothes to move!
	Wed	9/27	Cardiovascular exercise	Read Physical Activity Guidelines for Americans Executive Summary
6	Mon	10/2	Resistance training	
	Wed	10/4	Review	
7	Mon	10/9	<b>EXAM 1</b>	
	Wed	10/11	<b>Field trip:</b> caf tour	
8	Mon	10/16	The Nutrition-Health Connection	Ch 5 quiz
	Wed	10/18	Nutrition & Sustainability	Read Dietary Guidelines for Americans Executive Summary
9	Mon	10/23	Weight management	Ch 6 quiz
	Wed	10/25	Weight bias	
10	Mon	10/30	Sleep	Ch 7 quiz
	Wed	11/1	Stress	Ch 8 quiz
11	Mon	11/6	Meditation,	Ch 9 quiz

			Mindfulness, Relaxation	Sleep log due
	Wed	11/8	Connection	Ch 10 quiz
12	Mon	11/13	Positively Positive	Ch 11 quiz
	Wed	11/15	Substance use disorder	Ch 12 quiz
13	Mon	11/20	Substance use disorder	Gratitude journal due
	Wed	11/22	Staying the course  <i>bring book</i>	Ch 13 quiz
14	Mon	11/27	Review	
	Wed	11/29	<b>EXAM 2</b>	
15	Mon	12/4	FEMALES ONLY: fitness assessment	
	Wed	12/6	MALES ONLY: fitness assessment	Fitness test results & survey
16		<b>FINAL EXAM: due on Canvas Wednesday, December 13<sup>th</sup> by 11:59 pm</b>		

\*Quizzes on book chapters are by 11:59 pm BEFORE the class by which they are listed

Activity logs are due by 11:59 pm every Sunday evening

