

**Lifestyle as Medicine**  
**KIN 2030; Fall 2023; 2 units**  
**Kinesiology Department—College of Health Science**

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**Dr. Alisa Ward**— Alisaward@pointloma.edu | 619 849-2557 | Office located in Kinesiology Department  
**Office hours** | M: 9:00-noon + 1:30-4pm T/Th: 12:30-1:30pm W: 9:00-noon  
**KIN2030—section 2** | M W 12:15-1:10pm—Rohr Hall 103  
**Final Exam Due Date** | Monday, December 11<sup>th</sup> 10:30-1:30pm

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**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.

**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**— 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, 2<sup>nd</sup> ed: an introduction to the power of healthy habits. Healthy Learning; 2020. (ISBN: 1606795147 or 978-1606795149). *Be sure*

to publish the 2nd 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 3<sup>rd</sup> 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.

**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.

**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 [class name], 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 [list topics]. 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.

**Trigger Warning**—I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive several types of information. In [class name], we will cover a variety of topics, some of which you may find triggering. These topics include [list topics]. Each time this topic appears in a reading or unit, it is marked on the syllabus. The experience of being triggered versus intellectually challenged are different. The main difference is that an individual must have experienced trauma to experience being triggered, whereas an intellectual challenge has nothing to do with trauma. If you are a trauma survivor and encounter a topic in this class that is triggering for you, you may feel overwhelmed or panicked and find it difficult to concentrate. In response, I encourage you to take the necessary steps for your emotional safety. This may include leaving class while the topic is discussed or talking to a therapist at the Counseling Center. Should you choose to sit out on discussion of a certain topic, know that you are still responsible for the material; but we can discuss if there are other methods for accessing that material, and for assessing your learning on that material. 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.

**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](mailto:EAC@pointloma.edu).

**Artificial Intelligence (AI) Policy**—You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski, etc.) in 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/>”

**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 of those materials outside the class may violate the law.

**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.