



College of Health Sciences, Kinesiology Department

## **KIN 2030 Lifestyle as Medicine**

2 Units

*Fall 2024*

**MWF 8:30 am – 9:25 am**

**K2 classroom**

**Final Exam: due *online* by Friday, December 20th 11:59 pm**

<b>INFORMATION</b>	<b>SPECIFICS FOR THE COURSE</b>
<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>	MW 10:30-11:30 am, Tues 10:00 am-12:00 pm Location: main Kinesiology office area (space between K1 & K2 in building between gym & tennis courts)

### **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.

### **General Education 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

## General Education Learning Outcome

Students will develop an understanding of self that fosters personal well-being.

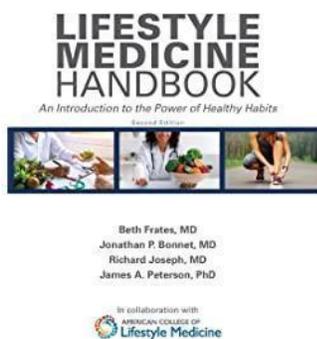
- Link to GE courses and assessment plan:  
<https://assessment.pointloma.edu/academic-assessment/general-education/assessment-plan/>
- Link to GELO's: <https://pointloma-public.courseleaf.com/tug-catalog/general-education/>

## Required Text

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

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 [Traditional Undergraduate Records: Final Exam 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 at the time listed on Canvas.

## 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 [subject/major], 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 you 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 Recording Notification**

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

## **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. For all student appeals, faculty and students should follow the procedures outlined 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, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) 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. 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 in accordance with the Americans with Disabilities Act (ADA). 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 work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. The EAC makes accommodations available to professors at the student's request.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any special accommodations.

## **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.

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources at [www.pointloma.edu/bias](http://www.pointloma.edu/bias).

### **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).

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at [www.pointloma.edu/bias](http://www.pointloma.edu/bias)

### **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**

<b>Week</b>	<b>Day</b>	<b>Date</b>	<b>Topic</b>	<b>Assignment due*</b>
1	Wed	9/4	Intro, fitness testing details	

2	Mon	9/9	FEMALES ONLY: fitness testing	
	Wed	9/11	MALES ONLY: fitness assessment	Fitness test results due on Canvas (Sunday)
3	Mon	9/16	Understanding Lifestyle as Medicine	Ch 1 quiz
	Wed	9/18	Empowering People to Change	Ch 2 quiz
4	Mon	9/23	Collaborating, Motivating, Goal-Setting, and Tracking	Ch 3 quiz
	Wed	9/25	Improving Health Through Exercise (PAG)	Ch 4 quiz
5	Mon	9/30	<b>Field trip:</b> tour of weight shed, sport performance area	Wear clothes to move!
	Wed	10/2	"Green exercise"	Read Physical Activity Guidelines for Americans Executive Summary & Green Exercise article (posted on Canvas)
6	Mon	10/7	Resistance training	
	Wed	10/9	Review	
7	Mon	10/14	<b>EXAM 1</b>	
	Wed	10/16	The Nutrition-Health Connection	Ch 5 quiz

8	Mon	10/21	Nutrition, continued	Read Dietary Guidelines for Americans Executive Summary
	Wed	10/23	Nutrition & Sustainability	Read Shah 2023, Food system transformation articles on Canvas
9	Mon	10/28	Weight management	Ch 6 quiz
	Wed	10/30	Weight bias	
10	Mon	11/4	Sleep	Ch 7 quiz
	Wed	11/6	Stress	Ch 8 quiz
11	Mon	11/11	Meditation, Mindfulness, Relaxation	Ch 9 quiz Sleep log due
	Wed	11/13	Connection	Ch 10 quiz
12	Mon	11/18	Positively Positive	Ch 11 quiz
	Wed	11/20	Substance use disorder	Ch 12 quiz
13	Mon	11/25	Substance use disorder	Gratitude journal due
	Wed	11/27	Staying the course <i>bring book</i>	Ch 13 quiz
14	Mon	12/2	Review	
	Wed	12/4	<b>EXAM 2</b>	

15	Mon	12/9	FEMALES ONLY: fitness assessment	
	Wed	12/11	MALES ONLY: fitness assessment	Fitness test results, wellness survey, total semester activity log minutes
16		<b>FINAL EXAM: due on Canvas Friday, December 20<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