

KIN6017

Lifestyle Medicine and
Integrative Health



Dates: 9/3 - 10/25

Meeting Day/Time: Online; Live webinars held
Wednesdays from 5:30-6:30pm PST

Credit Hours: 3

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 becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

INSTRUCTOR INFORMATION



Dr. Jessica Matthews

Phone: 619.849.3003

Email: jmatthew@pointloma.edu

Office Hours: [Schedule an appointment \(Links to an external site.\)](#)

COURSE DESCRIPTION

This course provides an overview of paradigm shifts in the field of healthcare, highlighting an increasingly integrative approach to medicine centered on treating the whole person — body, mind and spirit. Students will explore evidence-informed conventional, complementary and alternative approaches to health care, and examine lifestyle interventions in areas such as stress management, nutrition, sleep hygiene and physical activity to provide a multidimensional approach to optimal health and well-being.

INSTITUTIONAL LEARNING OUTCOMES (ILO)

1. Learning, Informed by our Faith in Christ

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

2. Growing, In a Christ-Centered Faith Community

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

3. Serving, In a Context of Christian Faith

Students will serve locally and/or globally in vocational and social settings.

PROGRAM LEARNING OUTCOMES (PLO)

The Point Loma Nazarene University MS-KIN graduate will be able to:

1. Appraise current research data and integrate it into professional practice to solve relevant problems and make effective decisions.
2. Work independently and with a team to persuasively communicate essential information in their discipline.
3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.
4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

COURSE LEARNING OUTCOMES (CLO)

After completing this course students will be able to:

1. Examine essential features of integrated care models and best practices for care integration.
2. Appraise the evidence for conventional, complementary and alternative medicine practices.
3. Evaluate the role of both allopathic medicine and integrative medicine in the treatment of chronic diseases and other health conditions.
4. Apply evidence-based practices and current guidelines for each of the key areas of lifestyle medicine.

CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes (CLO), this class meets the PLNU credit hour policy for a three unit class delivered over eight weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their course work. As a graduate course, students can expect the work in this class to be significant, and students should plan on spending about 14 hours per week engaged in the course content. The estimated time expectations for this course are shown below:

Assignments	Course Hours
Weekly Participation in Discussion Forums	24
Major Assignments	20
Reading and Webinars	43
Other Learning Activities	15
Quizzes, Formative Assessments & Final Exam	10.5
Total Course Hours:	112.5

REQUIRED TEXT & RECOMMENDED RESOURCES

Required Text

Egger, G., Binns, A., Rossner, S., & Sagner, M. (2017). *Lifestyle medicine (3rd ed.): Lifestyle, the environment, and preventive medicine in health and disease*. London, UK: Academic Press. ISBN-13: 978-0128104019.

Recommended Resources

Rakel, D. (2017). *Integrative medicine* (4th ed.). New York, NY: Elsevier. ISBN-13: 978-0323358682.

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ASSESSMENT AND GRADING

Grading Points

The total number of points accumulated on quizzes, exams, assignments, learning activities, and discussion board posts determines your final letter grade in this course.

Video introduction	8 pts.
Weekly discussions (8 @ 20 pts. each)	160 pts.
Self-Evaluations (2 @ 10 pts each)	20 pts.
Selection Assignments (2 @ 5 pts each)	10 pts.
Webinar Participation (*see <i>Attendance Policy</i> - minimum of 3 webinars @ 5 pts each)	15 pts.
Quizzes and Formative Assessments (2 MCQ @12 pts each; 2 SAQ @ 24 pts each)	72 pts.
Learning Activities (2 @ 25pts each)	50 pts.
Clinical Paper	150 pts.
Professional Interview and Career Path Evaluation	70 pts.
Video Demonstration	35 pts.
Final Exam (SAQ)	75 pts.
Total Points	665 pts.

Grade Scale (Percentage)

93-100: A	73-76.9: C
90-92.9: A-	70-72.9: C-

87-89.9: B+	67-69.9: D+
83-86.9: B	63-66.9: D
80-82.9: B-	60-62.9: D-
77-79.9: C+	Below 60: F

LEARNING MODULES

Module 1	Course overview; Defining and evaluating wellness; Examining multidimensional models of wellness
Module 2	Current state of healthcare in the U.S.; Exploring models of integrated care
Module 3	Shifting perspectives of complementary and alternative medicine; Principles of integrative medicine
Module 4	Framework for lifestyle medicine; Lifestyle medicine- Part I & II : Sleep hygiene & substance misuse
Module 5	Lifestyle medicine- Part III: Physical activity and exercise
Module 6	Lifestyle medicine- Part IV: Stress management
Module 7	Lifestyle medicine- Part V: Nutrition
Module 8	Lifestyle medicine- Part VI: Healthy relationships; Assessing strengths; Professional development and networking

DISCUSSION EXPECTATIONS

Class participation and professionalism are expected in this course. It is your responsibility to access Canvas regularly and to participate in class discussions, as your interaction with the course content, the instructor, your colleagues, and the learning process directly influences your levels of success in the course. To reinforce and expand upon the material covered, each week you will be expected to craft **one (1)** detailed post in response to the discussion board

question(s) provided. **Each original discussion board post must be at least 300 words in length, include at least one citation (in APA format), and is due by Friday at 11:59pm.** Following your original post, you will then be asked to craft at least **one (1)** post in response to the work of your colleagues to demonstrate your understanding and application of the concepts presented, as well as to further the class discussion in a meaningful way. **Your response posts must be at least 200 words in length and must be crafted in a way to offer additional perspective, a new point of view and/or some other type of substantive information to further the discussion and the learning process. Response posts are due by Sunday at 11:59pm.** Please note that late submissions will not be considered for credit.

LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the end of day (11:59pm PT) on which they are due via Canvas. Late work will not be accepted for credit.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking an online final examination during the last week of the course during the designated timeframe the examination is available. The material selected for the final exam will be based on key topics explored over the course of the 8-week term, and will be administered in the form of short-answer questions (SAQ). No requests for early examinations or alternative days will be approved.

EMAIL ETIQUETTE

When sending an email to the professor, students are expected to utilize best professional practices, constructing well-written, complete correspondence in which the student's name and course number are noted in the subject line. In addition, the body of the email should include an appropriate salutation as well as detailed information regarding the nature of the question or concern. The professor will respond to all emails within 48 hours of receipt.

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 graduate students to encounter God and grow in their Christian faith. There are resources for your Christian faith journey available at the [Graduate & Professional Student Spiritual Life web page](#).

COPYRIGHT POLICY

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ACADEMIC HONESTY

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 in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations or adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in Rm. 312C at the Mission Valley Regional Center via DRC@pointloma.edu or 619.849.2533. The DRC's policies and procedures for assisting such students in the development of an appropriate Accommodation Plan (AP) allows PLNU to comply with Section 504/508 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required and official disability documentation, the DRC will contact the student within 15 business days to schedule an AP meeting. During the AP meeting an Accommodation Plan will be established to meet the student's specific disability-related needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each quad/semester. The AP must be implemented in all such courses by faculty. All questions should be directed to the DRC for clarification.

ATTENDANCE POLICY

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement). Students will also be asked to attend and participate in **at three of the live webinars** throughout the 8-week course (see Course Schedule). Students who intend to sit for the national board certification should attend and participate in **all** of the live webinars hosted throughout the 8-week course in order to meet the specific board certification requirements as set forth by the National Board for Health & Wellness Coaching (NBHWC).

Students who do not participate in academic activity within the online classroom at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required

coursework and/or alternative assignments assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements.

INSTRUCTOR FEEDBACK

Weekly assignments will be graded as soon after the due date as possible and grades for the week will be posted to the Canvas gradebook by Wednesday night of the following week. Grades for major assignments will be posted one week after the assignment due date. If an immediate response is needed, please email the instructor, or post to [Hallway Conversations](#).

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) page. Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

If you do need [technical help](#), you may click on the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus helpdesk (619-849-2222).

Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. It is the responsibility of the student to confirm access to the essential applications needed for the class such as Excel as well as standard online research tools.

ACADEMIC STANDING

Graduate students at Point Loma must obtain a 3.0 GPA to remain in good standing in the MS Kinesiology program:

http://catalog.pointloma.edu/content.php?catoid=20&navoid=1403#Academic_Standng.

Additionally, all graduate students need to earn a C or higher in all graduate courses according to the catalog grading policy (see Academic Policies in the Graduate and Professional Studies Catalog for additional detail).

Grading System

Traditional letter grades (A, B, C, D, F) including plus and minus grades are used to indicate the level of scholarship earned for each course. Except for the correction of an error, all traditional letter grades are final at the conclusion of the academic term. Once the degree has been posted on the student's official transcript, no change of grade action is allowed for courses leading to the degree. *The grade of C is the lowest grade acceptable for graduate credit.*

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.