	Department of Kinesiology KIN 2030, Section 1 Lifestyle as Medicine 2 Units
	Spring 2023

Meeting days: Tues & Thurs	Instructor title and name: Dr. Heidi Lynch, PhD, RDN
Meeting times: 8:30-9:25 am	Phone: 619-849-3306
Meeting location: KIN 1	Email: hlynch@pointloma.edu
Final Exam: Take home final due on Canvas by Thursday, May 4 th at 10:00 am (the time your final exam would be scheduled to be done, if we were meeting in person): https://drive.google.com/file/d/19qmj9RId5_4NaJOjmmIguVPiWomWNYOS/view	Office location and hours: Mondays & Wednesdays 9:30-12:00 or by appointment 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.

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.

COURSE LEARNING OUTCOMES

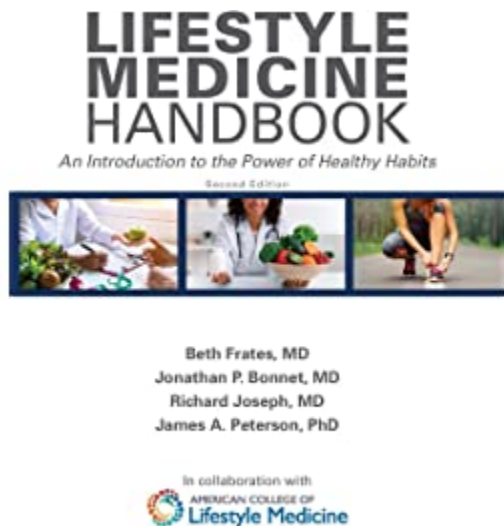
Students will:

- 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:

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

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES



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

ASSESSMENT AND GRADING

Assignments are listed and described in Canvas. Grades may be viewable in Canvas. Final grades will be based on the following scale:

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	

TENTATIVE COURSE SCHEDULE OVERVIEW

Week	Day	Date	Topic	Assignment due*
1	Tues	1/10	NO CLASS: follow a Monday schedule	
	Thurs	1/12	Intro, fitness testing details	
2	Tues	1/17	NO CLASS: MLK Day	
	Thurs	1/19	FEMALES ONLY: fitness assessment	
3	Tues	1/24	MALES ONLY: fitness assessment	Fitness test results & survey due on Canvas
	Thurs	1/26	Understanding Lifestyle as Medicine	Ch 1 quiz
4	Tues	1/31	Empowering People to Change	Ch 2 quiz
	Thurs	2/2	Collaborating, Motivating, Goal-Setting, and Tracking	Ch 3 quiz
5	Tues	2/7	Improving Health Through Exercise	Ch 4 quiz
	Thurs	2/9	Field trip: tour of weight shed, sport performance area	Wear clothes to move!
6	Tues	2/14	Cardiovascular exercise	Read Physical Activity Guidelines for

				Americans Executive Summary
	Thurs	2/16	Resistance training	
7	Tues	2/21	Review	
	Thurs	2/23	EXAM 1	
8	Tues	2/28	The Nutrition-Health Connection	Ch 5 quiz
	Thurs	3/2	Nutrition & Sustainability	
NO CLASS: SPRING BREAK				
9	Tues	3/14	Field trip: caf tour	
	Thurs	3/16	Practical nutrition	
10	Tues	3/21	Sleep	Ch 7 quiz
	Thurs	3/23	Stress	Ch 8 quiz
11	Tues	3/28	Meditation, Mindfulness, Relaxation	Ch 9 quiz
	Thurs	3/30	Connection	Ch 10 quiz
12	Tues	4/4	Positively Positive	Ch 11 quiz
	Thurs	4/6	NO CLASS: EASTER BREAK	
13	Tues	4/11	Substance use disorder	Ch 12 quiz
	Thurs	4/13	Staying the course	Ch 13 quiz
14	Tues	4/18	Review	
	Thurs	4/20	EXAM 2	
15	Tues	4/25	FEMALES ONLY: fitness assessment	
	Thurs	4/27	MALES ONLY: fitness assessment	Fitness test results & survey
16		FINAL EXAM: due Thursday, May 4th by 10:00 am		

*Quizzes on book chapters are due BEFORE class on the day they are listed

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

SPIRITUAL CARE

PLNU strives to be a place where students 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 if you have prayer requests, you can contact the [Office of Student 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.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be turned in by the due date listed (either on Canvas or in person as indicated on the assignment directions). Incomplete assignments will be graded in their submitted form. **Late assignments will automatically receive a 50% deduction.** (Ex: if an assignment is worth 20 points and it is turned in late, the most a perfect score could earn would be 10 points.) Extensions to complete assignments or to submit late assignments will not be granted except under extenuating circumstances (ex: death in family, hospitalization). *It is your responsibility to be attentive to the course schedule and assignment due dates.*

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.

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 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.

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. 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 help and support are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, it is 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 or find a list of campus pastors at 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 the appropriate grade for their work and participation. █