

## **Principles of Healthy Lifestyle**

01:377:205, Sections M1 and M2

Semester: Spring, 2022

Department of Kinesiology and Health, Rutgers University

### **Course information**

<b>Pre/co-requisites:</b>	None
<b>Credits:</b>	<b>M1;</b> 1.5 credits; from 1/18/2022 to 3/3/2022 <b>M2;</b> 1.5 credits; from 1/19/2022 to 3/7/2022
<b>Class meeting day/time:</b>	<b>M1;</b> Tuesdays and Thursdays, 2:00pm – 3:20pm <b>M2;</b> Mondays and Wednesdays, 3:50pm – 5:10pm
<b>Class Location:</b>	CDL-102
<b>Online learning site:</b>	Canvas ( <a href="https://canvas.rutgers.edu/">https://canvas.rutgers.edu/</a> )
<b>Technology requirements:</b>	Computer with standard software (Microsoft Office etc.), high-speed internet access.

### **Instructor information**

<b>Instructor:</b>	Labros Sidossis, PhD	<b>Email:</b> <a href="mailto:lsidossis@kines.rutgers.edu">lsidossis@kines.rutgers.edu</a>
<b>Grader:</b>	Ms Alicia Reuter	<b>Email:</b> <a href="mailto:ar1212@kines.rutgers.edu">ar1212@kines.rutgers.edu</a>
<b>Office hours:</b>	By appointment	
<b>Office location:</b>	Loree Classroom Building, Room 018	

*Canvas email will be used for all information/communication related to this course.*

### **Required Course Materials**

*“Textbook of Lifestyle Medicine”*: Authors Labros Sidossis and Stefanos Kales. Wiley 2022.  
ISBN # 978.1.119.70442.3.

### **Course Description**

The purpose of this course is to introduce students to the concept of healthy lifestyle for the prevention and treatment of lifestyle-related diseases such as cardiovascular diseases, diabetes, stroke and obesity.

Students will gain an insight into the concept of wellness, become familiar with the components of human lifestyle (e.g., nutrition, physical activity, sleep, stress, social life etc.) and understand the role of lifestyle choices in health promotion and disease prevention. Students will gain evidence-based knowledge to design and promote an integrated health approach.

This course fulfills a course requirement for the Exercise Science major and counts as an elective for the Sport Management major/minor.

### **Course Learning Objectives**

By the conclusion of this course, student-learners will:

1. Become familiar with the concept of wellness and identify fundamental concepts of a healthy lifestyle
2. Be introduced to measurements of health and wellness
3. Understand the concept of the healthy lifestyle as a holistic way of living
4. Be able to identify the unique characteristics of the traditional Mediterranean Lifestyle, which make it the gold standard for Lifestyle Medicine interventions

5. Critically understand and interpret the available scientific data regarding the beneficial effects of a healthy lifestyle on health and disease

### **Grading Policy**

- This class uses a points-based system to calculate grades. The description of each assignment includes how many points it is worth. The total numbers points for this class are 100. Assignments are due by 11:59 PM on the due dates listed below unless otherwise noted.
- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the grade. Assignment grades are finalized after this seven day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let us know right away.

Letter Grade	Percent	Points Needed
A	90-100	90-100
B+	85-89.9	85-89.9
B	80-84.9	80-84.9
C+	75-79.9	75-79.9
C	70-74.9	70-74.9
D	60-69.9	60-69.9
F	0-59.9	0-59.9

### **Assignments**

#### *A) Quizzes (3 quizzes; 20 points each quiz; Total 60 points)*

The quizzes will consist of multiple choice, true/false, fill-in-the-blank questions that cover material presented during the lectures.

#### *B) Paper: Designing a Lifestyle Intervention to Improve Health and Wellness (40 points)*

Students will write a 3–4-page paper reflecting on how they can incorporate what they are learning from this course into advising people to improve their health and wellness. Each student will describe a real or an imaginary person with **one major unhealthy lifestyle choice** (for example either sedentary, or stressed, or with unhealthy eating or sleeping habits) and will describe the stages of developing a lifestyle intervention to help this patient (see the Case Studies in Chapters 13 and 14 of the Textbook for the stages of developing a lifestyle intervention). The paper should include:

- 1) one section on describing the patient and their unhealthy lifestyle choice (~1/2 page),
- 2) one section on assessment for the specific unhealthy lifestyle choice (~1 page),
- 3) one section on background on the specific unhealthy lifestyle choice (~1page), and
- 4) one section on management (~1-2 pages).

The paper should include at least 3 recent (past 3 years) citations (references). The citations should be published in scientific journals (no Wikipedia or Facebook) and should be either original publications or reviews.

**Papers are due by 11:59 PM EST on 3/2/2022 (for M1) and 3/6/202 (for M2).** Students need to submit their paper electronically as a Word document using Canvas Assignments. Papers should be double-spaced, Times New Roman 12-point font with 1” margins. The students name should be left aligned as the header. Referenced articles should be listed on a reference page at the end of the paper in APA format.

The grading rubric and a word document template are available on Canvas. Turnitin will be used to check for plagiarism.

## **Course Policies and Procedures**

### **Academic Integrity**

Students are responsible for becoming familiar with the definitions, procedures and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found at: <http://academicintegrity.rutgers.edu/academic-integrity-policy/>.

All students should conduct themselves with the highest standards of academic honesty. Examples of academic dishonesty include: copying others' written work, not citing sources, and submitting the same assignments/papers multiple times in different courses. All incidences of questionable academic integrity are a serious matter and may result in a no grade (0.0) for the assignment or course. Academic dishonesty will not be tolerated and will be treated in accordance with Rutgers University Academic Integrity Policy.

### **Expectations**

- Engage with all online class material
- Complete all assigned readings and assignments on time
- Actively participate in all class activities, including online discussions.
- Follow the honor code when completing all quizzes, and exams
- Ask questions to enhance understanding of the material
- Communicate with the instructor if you have questions pertaining to the material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates

### **Email Etiquette**

When emailing your instructor, please use your Rutgers e-mail address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1-2 business days.

### **Plagiarism**

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

*Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).*

### **Make-up Policy**

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo

from the group's advisor/coach must be presented to the instructor prior to travel dates.

- Religious observances.
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the prerogative of the instructor whether or not the student will be allowed to take the make-up or receive an extension.

#### Diversity & Inclusion

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

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## UNIVERSITY SERVICES

*Although many of these offices remain closed to in-person visits, all remain accessible virtually. We encourage students to continue to use these resources during this semester of remote learning.*

Service	Description	Contact Information
Student Accommodations	If you are a student in need of accommodations, please register with the <b>Office of Disability Services</b> in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 <a href="https://ods.rutgers.edu/">https://ods.rutgers.edu/</a>
Just In Case Web App	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	<a href="http://codu.co/cee05e">http://codu.co/cee05e</a>
Counseling, ADAP & Psychiatric Services (CAPS)	CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 <a href="http://www.rhscaps.rutgers.edu/">www.rhscaps.rutgers.edu/</a> Medical Services: <a href="http://health.rutgers.edu/medical-counseling-services/medical-counseling-services/medical-counseling-services/counseling/">http://health.rutgers.edu/medical-counseling-services/medical-counseling-services/counseling/</a>
Violence Prevention & Victim Assistance (VPVA)	The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.	(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 <a href="http://www.vpva.rutgers.edu/">www.vpva.rutgers.edu/</a>
Scarlet Listeners	Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.	(732) 247-5555 <a href="https://rutgers.campuslabs.com/engage/organization/scarletlisteners">https://rutgers.campuslabs.com/engage/organization/scarletlisteners</a>
Academic Support	School of Arts and Sciences Academic Advising for personal, career, and educational goals.  Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.	SAS: <a href="https://sasundergrad.rutgers.edu/">https://sasundergrad.rutgers.edu/</a>  Dept. of Kinesiology & Health: Daria Gonzalez Loree Gym, Room 110 Email: Daria.Gonzalez@rutgers.edu <a href="https://kines.rutgers.edu/academics/academic-advising">https://kines.rutgers.edu/academics/academic-advising</a>

## COURSE OVERVIEW

### SECTION M1

Week	Day	Date	Topic	Reading	Assignment Due
1	Tue	1/18	Course Intro		
	Th	1/20	Basic Concepts: Health, Wellness, Lifestyle	Chapter 1	
2	Tue	1/25	- The lifestyle disease epidemic: Global burden & risk factors - Characteristics & principles of unhealthy and healthy lifestyles	Chapters 2-4	
	Th	1/27	Quiz 1		
3	Tue	2/1	Obesity Case Study (Part 1)	Chapter 13	
	Th	2/3	Obesity Case Study (Part 2)	Chapter 13	
4	Tue	2/8	Diet and Healthy Lifestyle	Chapter 7	
	Th	2/10	Physical Activity and Healthy Lifestyle	Chapter 9	
5	Tue	2/15	Quiz 2		
	Th	2/17	Sleep / relaxation and Healthy Lifestyle	Chapter 10	
6	Tue	2/22	Social Life, Spirituality and Stress Management and Healthy Lifestyle	Chapter 11	
	Th	2/24	Type 2 Diabetes Mellitus Case Study (Part 1)	Chapter 14	
7	Tue	3/1	Type 2 Diabetes Mellitus Case Study (Part 2)	Chapter 14	
	Th	3/3	Quiz 3		
Paper	Tue	3/3	Designing a Lifestyle Intervention to Improve Health and Wellness (40 points)		3/3/2022

**SECTION M2**

Week	Day	Date	Topic	Reading	Assignment Due
1	We	1/19	Course Intro		
2	Mo	1/24	Basic Concepts: Health, Wellness, Lifestyle	Chapter 1	
	We	1/26	- The lifestyle disease epidemic: Global burden & risk factors - Characteristics & principles of unhealthy and healthy lifestyles	Chapters 2-4	
3	Mo	1/31	Quiz 1		
	We	2/2	Obesity Case Study (Part 1)	Chapter 13	
4	Mo	2/7	Obesity Case Study (Part 2)	Chapter 13	
	We	2/9	Diet and Healthy Lifestyle	Chapter 7	
5	Mo	2/14	Physical Activity and Healthy Lifestyle	Chapter 9	
	We	2/16	Quiz 2		
6	Mo	2/21	Sleep / relaxation and Healthy Lifestyle	Chapter 10	
	We	2/23	Social Life, Spirituality and Stress Management and Healthy Lifestyle	Chapter 11	
7	Mo	2/28	Type 2 Diabetes Mellitus Case Study (Part 1)	Chapter 14	
	We	3/2	Type 2 Diabetes Mellitus Case Study (Part 2)	Chapter 14	
8	Mo	3/7	Quiz 3		
Paper	Mo	3/7	Designing a Lifestyle Intervention to Improve Health and Wellness (40 points)		3/7/2022