

SYLLABUS
Principles of Healthy Lifestyle

01:377:205, Section MA

Semester: Fall 2023

Department of Kinesiology and Health, Rutgers University

Course information

Pre/co-requisites: None
Credits: 1.5 credits; from 10/24/2023 to 12/13/2023
Class meeting day/time: Mondays and Thursdays, 10:20pm – 11:40pm
Class Location: HCK-101

Online learning site: Canvas (<https://canvas.rutgers.edu/>)

Technology requirements: Computer with standard software (Microsoft Office etc.), high-speed internet access.

Instructor information

Instructor: Labros Sidossis, PhD
Email: lsidossis@kines.rutgers.edu
Office hours: By appointment
Office location: Loree Classroom Building, Room 018

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

Textbook (OPTIONAL)

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

*Please note that the book is OPTIONAL, but it is a good resource for the future if you plan on pursuing a career in a health-related field)

*You can purchase the book at Rutgers B&N (\$91) or AMAZON (\$67)

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 of 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 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

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

1. QUIZZES (3 quizzes; 20 points each quiz; Total 60 points)

The quizzes will consist of multiple-choice questions that cover material presented in class. They will be online (from home), open for 8 hours (1pm-9pm), and last for 90 min.

1. PROJECT: Designing a Lifestyle Intervention to Improve Health and Wellness (40 points)

Based on the materials presented during the course, you will design a Lifestyle Intervention program to improve the health and wellness of a real or an imaginary person **who has one major unhealthy lifestyle choice** (for example they are sedentary, stressed, or have unhealthy eating habits, or have unhealthy sleeping habits).

The project should include 5 sections:

1. a) PATIENT: Description of the patient and their unhealthy lifestyle choice (approximately half a page)
2. b) ASSESSMENT: Description of the assessments you would do to help you structure the intervention for this patient (approximately 1 page)
3. c) BACKGROUND: Description of the effect that this unhealthy lifestyle choice has on human health. For example, what are the effects of unhealthy sleeping habits on a person's health and well-being? (approximately 1 page),
4. d) INTERVENTION: An intervention program to correct the unhealthy behavior (approximately 1-2 pages)

5. e) REFERENCES: Please include 3-5 references (i.e., the sources for the information that you included in the section "Background"). They should be from scientific journals (NOT Wikipedia, or random online sources).

The projects are due by 11:59 PM EST on the last day of class. 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 student's 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 is 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/>. [Links to an external site.](#)

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.

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).

Expectations

Edit as appropriate for your class

- Engage with all online class material
- Complete all assigned readings and assignments on time
- Actively participate in all class activities, including online
- 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.

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
- Religious
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, 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.

RUTGERS UNIVERSITY STUDENT SERVICES

Service	Description	Contact Information
Report a Bias Incident	If you experience or witness an act of bias or hate, report it to someone in authority. You may file a report online and you will be contacted within 24 hours.	https://studentaffairs.rutgers.edu/bias-incident-reporting
Student Accommodations	If you are a student in need of accommodations, please register with the Office of Disability Services in order to initiate the accommodations process. Please present your letter of	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854

	<p>accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.</p>	<p>https://ods.rutgers.edu/Links to an external site.</p>
<p>Crisis Intervention</p>	<p>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.</p>	<p>Share a concern: http://health.rutgers.edu/do-something-to-help/Links to an external site. http://health.rutgers.edu/medical-counseling-services/counseling/crisis-intervention/Links to an external site.</p>
<p>Counseling, ADAP & Psychiatric Services (CAPS)</p>	<p>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.</p>	<p>Just In Case Web App http://codu.co/cee05eLinks to an external site. (848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 www.rhscaps.rutgers.edu/Links to an external site. Medical Services: http://health.rutgers.edu/medical-Links to an external site.counseling-services/medical/Links to an external site. Counseling Services: http://health.rutgers.edu/medical-counseling-Links to an external site. services/counseling/Links to an external site.</p>
<p>Violence Prevention & Victim</p>	<p>The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and</p>	<p>(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901</p>

Assistance (VPVA) 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.

www.vpva.rutgers.edu/Links to an external site.

School of Arts and Sciences
Academic Advising for personal, career, and educational goals.

SAS:

<https://sasundergrad.rutgers.edu/Links to an external site.>

Academic Support

Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.

Dept. of Kinesiology & Health:

Daria Gonzalez

Loree Gym, Room 110

Email: Daria.Gonzalez@rutgers.edu

<https://kines.rutgers.edu/academics/academic-advisingLinks to an external site.>

SYLLABUS COURSE OVERVIEW - SECTION MA

Week	Topic
1	Course Intro - Basic Concepts: Health, Wellness, Lifestyle The lifestyle disease epidemic- Characteristics & principles of unhealthy and healthy lifestyles
2	Quiz 1 (online - from home, open from 1pm to 9pm) Obesity Case Study (Part 1)
3	Obesity Case Study (Part 2) Diet and Healthy Lifestyle

- 4 No Class -Preparing for the Quiz
 Quiz 2 (online - from home, open from 1pm to 9pm)
- 5 Physical Activity and Healthy Lifestyle
 Sleep / relaxation and Healthy Lifestyle
- 6 Social Life, Spirituality, Stress Manag and Healthy Lifestyle
 Type 2 Diabetes Mellitus (Part 1)
- 7 Type 2 Diabetes Mellitus (Part 2)
 Quiz 3 (online - from home, open from 1pm to 9pm)

TERM PROJECT: "Designing a Lifestyle Intervention to Improve Health and Wellness"
(40 points)

*** The projects are due by 11:59 PM EST on the last day of class ***