

LIFESTYLE MEDICINE (LMED)

LMED 201. INTRODUCTION TO LIFESTYLE MEDICINE. 2 Credits.

Pre-requisites: sophomore standing.

This course explores the field of lifestyle medicine and the six pillars that form the foundation of this field - physical activity, nutrition, sleep, stress and resilience, positive social connections, and substance use. Each of these pillars is discussed in detail related to the positive influences they can have on health and chronic diseases.

LMED 350. PHYSIOLOGICAL KINESIOLOGY. 4 Credits.

Cross-listed: PHED 350.

Pre-requisites: sophomore standing.

This course examines the health-related components of fitness with attention given to the physiological foundations, assessment techniques, and exercise prescription guidelines for each. A laboratory component includes hands-on experience conducting and interpreting a variety of fitness assessments for the general population. At the completion of this course, students are able to execute a comprehensive fitness evaluation.

LMED 388. LIFESTYLE MEDICINE PRACTICUM. 1-4 Credits.

Notes: course may be repeated for up to 4 credits.

Pre-requisites: LMED 201 with a grade $\geq C+$.

This is an experiential learning course designed to assist students pursuing a BS in Lifestyle Medicine to develop an understanding and awareness of the job responsibilities in the field. This course assists students in the preparation of applications to pre-professional graduate programs.

LMED 390. PRINCIPLES OF PROGRAM DESIGN. 3 Credits.

Cross-listed: EXSC 390.

Pre-requisites: LMED 350 or PHED 350 with a grade of $\geq C+$.

This course is designed to identify the connection between assessment data, goal setting, and physical development through exercise program design. Students evaluate information from previous courses and apply that information to create interventions to improve health, fitness, and performance.

LMED 401. APPLIED LIFESTYLE MEDICINE. 3 Credits.

Pre-requisites: LMED 201, LMED 411, and LMED 420 with a grade $\geq C+$.

This course allows students the opportunity to apply knowledge of the six pillars of lifestyle medicine to health and chronic diseases. Foci include the application of lifestyle medicine to prevent chronic disease development, reduce the need for pharmacological treatments, and rehabilitate individuals with common chronic diseases such as cardiovascular disease and type 2 diabetes.

LMED 411. PHYSICAL ACTIVITY, MENTAL HEALTH, AND COGNITION. 3 Credits.

Cross-listed: EXSC 411.

Pre-requisites: sophomore standing.

This course examines neurobiological and psychological premises for the mood-enhancing effects of physical activity, the relationship between physical activity and prevalent forms of mental illness, the role of physical activity in cognitive function across the life span, and the relationship between physical activity, sleep, and brain health.

LMED 420. PRINCIPLES OF PROGRAM DESIGN FOR SPECIAL POPULATIONS. 4 Credits.

Cross-listed: EXSC 420.

Pre-requisites: EXSC 301 and EXSC 390 with a grade of $\geq C+$.

This course is designed to help prepare students to work safely with clinical populations in health and fitness settings. This course provides an overview of pathophysiology, identifies risk factors and signs and symptoms, and examines exercise management, and in certain cases dietary, recommendations for prevalent forms of chronic disease.

LMED 440. EXERCISE COUNSELING AND BEHAVIOR CHANGE. 3 Credits.

Cross-listed: EXSC 440.

Pre-requisites: EXSC 390.

In this course, students explore health behavior change theories related to the adoption of healthy active lifestyles. Communication and motivational techniques to enhance exercise counseling are examined. Further, this course familiarizes students with educational resources that may support healthy lifestyle behaviors in their clients.

LMED 490. SENIOR CAPSTONE IN LIFESTYLE MEDICINE. 4 Credits.

Pre-requisites: senior standing; LMED 401 with a grade $\geq C+$.

Satisfies: a university graduation requirement—senior capstone.

In this course students demonstrate their comprehensive understanding and knowledge of the role of lifestyle medicine and its six pillars on health. Students apply their knowledge in both a research and practical context to demonstrate competence.