

LIFESTYLE MEDICINE MAJOR, BACHELOR OF SCIENCE (BS)

Students with career goals in Public Health, Health Care, and Wellness should consider pursuing the BS in Lifestyle Medicine.

The BS in Lifestyle Medicine allows students to pursue a degree path that looks holistically at health and well-being. Lifestyle medicine is founded upon six pillars of health – a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections. These pillars are the foundation of the Lifestyle Medicine degree.

Current research indicates that lifestyle medicine is a growing field, particularly related to the health care of individuals with chronic diseases.

Research has shown that up to 80% of chronic diseases can be prevented through adherence to four key healthy lifestyle factors – never smoking, maintaining a healthy weight, adhering to a healthy diet, and participating in physical activity. The BS in Lifestyle Medicine is a holistic approach to healthcare that prepares students for the future trajectory of health care in the U.S.

Required Core Courses

ADST 300	SURVEY OF ALCOHOL/DRUG PROBLEMS	4
ADST 308	CULTURAL ISSUES IN ADDICTION TREATMENT AND BEHAVIORAL HEALTH	4
ADST 480	WHERE SUICIDE AND MENTAL HEALTH MEET	4
LMED 201	INTRODUCTION TO LIFESTYLE MEDICINE	2
LMED 350	PHYSIOLOGICAL KINESIOLOGY	4
LMED 388	LIFESTYLE MEDICINE PRACTICUM	3
LMED 390	PRINCIPLES OF PROGRAM DESIGN	3
LMED 401	APPLIED LIFESTYLE MEDICINE	3
LMED 411	PHYSICAL ACTIVITY, MENTAL HEALTH, AND COGNITION	3
LMED 420	PRINCIPLES OF PROGRAM DESIGN FOR SPECIAL POPULATIONS	4
LMED 440	EXERCISE COUNSELING AND BEHAVIOR CHANGE	3
PHED 256	MEDICAL TERMINOLOGY	2
PHED 372	APPLIED NUTRITION AND PHYSICAL FITNESS	3
PSYC 231	SCIENCE OF STRESS AND COPING	3
PSYC 440	HAPPINESS AND POSITIVE PSYCHOLOGY	5
PUBH 321	HEALTH PROMOTION & RISK REDUCTION	5
RCLS 220	LEADERSHIP DEVELOPMENT IN RECREATION EXPERIENCE MANAGEMENT	3
RCLS 333	FACILITATION AND GROUP DYNAMICS IN RECREATION MANAGEMENT	4

Supporting Courses

BIOL 232	HUMAN ANATOMY AND PHYSIOLOGY NON-BIOL MAJORS	5
BIOL 233	HUMAN ANATOMY AND PHYSIOLOGY NON-BIOL MAJORS	5
BIOL 234	HUMAN ANATOMY AND PHYSIOLOGY NON-BIOL MAJORS	5

Elective Courses 8-15

Tier A: Professional Practice - choose at least one course from the following:

EXSC 455	RESEARCH AND ANALYSIS
HLED 374	INTRODUCTION TO EPIDEMIOLOGY
PUBH 323	INTRODUCTION TO GRANT WRITING

Tier B: Holistic Well-being - choose at least one course from the following:

ADST 310	GLOBALLY SPEAKING: WHAT ABOUT DRUGS?
ADST 412	PHYSIOLOGY AND PHARMACOLOGY OF ADDICTIONS
BIOL 343	BIOLOGY OF AGING
PSYC 315	PSYCHOLOGY OF HUMAN RELATIONS
PSYC 317	HEALTH PSYCHOLOGY
PUBH 413	CROSS CULTURAL PRACTICES IN HEALTH

Tier C: Healthy Lifestyles - choose at least one course from the following:

ANTR 340	ANTHROPOLOGY OF FOOD AND NUTRITION
EXSC 380	NUTRITION IN SPORT AND EXERCISE
PLAN 451	WALKABLE COMMUNITIES
RCLS 206	OUTDOOR LIVING SKILLS

Track Options 9-20

Option A: Practitioner

CMST 337	FOUNDATIONS OF SOCIAL MEDIA
RCLS 270	DIVERSITY, EQUITY, AND INCLUSION IN THE WORKPLACE
RCLS 380	EXPERIENTIAL LEARNING AND LEADERSHIP

Option B: Pre-Clinical

BIOL 235	ELEMENTARY MEDICAL MICROBIOLOG
CHEM 161 & 161L	GENERAL CHEMISTRY FOR THE HEALTH SCIENCES and GENERAL CHEMISTRY LABORATORY FOR THE HEALTH SCIENCES
CHEM 162 & 162L	ORGANIC CHEMISTRY FOR THE HEALTH SCIENCES and ORGANIC CHEMISTRY LABORATORY FOR THE HEALTH SCIENCES
CHEM 163 & 163L	BIOCHEMISTRY FOR THE HEALTH SCIENCES and BIOCHEMISTRY LAB FOR THE HEALTH SCIENCES

Required Senior Capstone

LMED 490	SENIOR CAPSTONE IN LIFESTYLE MEDICINE	4
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Total Credits 98-116

University Competencies and Proficiencies

English (<http://catalog.ewu.edu/undergraduate-degree/#newitemtext>)

Quantitative and Symbolic Reasoning (<http://catalog.ewu.edu/undergraduate-degree/#mathcompproficiencies>)

Placement and Clearance (<http://catalog.ewu.edu/placement/>)

Prior Learning/Sources of Credit AP, CLEP, IB (<http://catalog.ewu.edu/prior-learning/>)

General Education Requirements (<http://catalog.ewu.edu/undergraduate-degree/#generaleducationrequirements>) (GER)

- Minimum Credits—180 cumulative credit hours
 - 60 upper-division credits (300 level or above)
 - 45 credits in residence (attendance) at Eastern, with at least 15 upper-division credits in major in residence at Eastern
- Minimum Cumulative GPA ≥ 2.0

- apply behavior change strategies to facilitate improvements in health;
- evaluate strategies to promote lifestyle medicine in community health care.

Breadth Area Core Requirements (BACR)

Humanities and Arts (<http://catalog.ewu.edu/undergraduate-degree/#humanitiesandfinearts>)

Natural Sciences (<http://catalog.ewu.edu/undergraduate-degree/#naturalsciences>)

Social Sciences (<http://catalog.ewu.edu/undergraduate-degree/#socialsciences>)

University Graduation Requirements (<http://catalog.ewu.edu/undergraduate-degree/#universitygraduationrequirements>) (UGR)

Diversity Course List (<http://catalog.ewu.edu/undergraduate-degree/#cultureandgenderdiversity>)

Foreign Language (<http://catalog.ewu.edu/undergraduate-degree/#foreignlanguage>) (for Bachelor of Arts)

Global Studies Course List (<http://catalog.ewu.edu/undergraduate-degree/#internationalstudiesrequirement>)

Minor or Certificate (<http://catalog.ewu.edu/undergraduate-degree/#majorminororcertificate>)

Senior Capstone Course List (<http://catalog.ewu.edu/undergraduate-degree/#capstonecourselist>)

Application for Graduation (use EagleNET (<https://inside.ewu.edu/eaglenet/>)) must be made at least two terms in advance of the term you expect to graduate (undergraduate and post-baccalaureate).

Use the Catalog Archives (<https://catalog.ewu.edu/archives/>) to determine two important catalog years (<http://catalog.ewu.edu/undergraduate-degree/#activecatalogrule>).

Degree Works (<https://inside.ewu.edu/records-and-registration/degree-works/>) calculates based on these two catalog years.

- a. The catalog *in effect at the student's first term* of current matriculation is used to determine **BACR** (Breadth Area Credit Requirements) and **UGR** (Undergraduate Graduation Requirements).
- b. The catalog *in effect at the time the student declares a major or minor* is used to determine the program requirements.

Students who successfully earn a Bachelor of Science in Lifestyle Medicine from EWU should be able to:

- examine core principles of lifestyle medicine;
- explain relationships between pillars of lifestyle medicine and chronic diseases;
- design lifestyle medicine-based interventions to reduce disease burden;
- assess measurable health-related behaviors of lifestyle medicine;