

Course Outline

COURSE: HE 101 **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Summer 2026 **CURRICULUM APPROVAL DATE:** 02/10/2026

SHORT TITLE: LIFESTYLE MED HEALTH/WELLNESS

LONG TITLE: Lifestyle medicine for health and wellness

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours/Units</u>
3	18	Lecture:	3	54 / 3 Units of Lecture
		Lab:	0	0
		Other:	0	0
		Total:	3	54

Out of Class Hrs: 108.00
 Total Learning Hrs: 162.00

COURSE DESCRIPTION:

This course provides the science and application behind healthy lifestyle interventions for the prevention and treatment of chronic, lifestyle-related diseases such as cardiovascular disease, diabetes, cancer, and other chronic conditions. Lifestyle medicine connects the science of physical activity, nutrition, stress resiliency, sleep hygiene, and behavior change to the advancement of total person's mental, emotional, and physical well-being. This course offers students evidence-based knowledge and practical strategies to instill healthy lifestyle behaviors in clients and patients.

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 02 - Lecture and/or discussion
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Describe lifestyle medicine and its essential components.
2. Classify the lifestyle choices that are at the root cause of most chronic disease in the US.
3. Select evidence-based coaching approaches for behavior modification.
4. Analyze the current scientific guidelines for exercise and nutritional counseling.
5. Design behavioral interventions including those related to physical activity, nutrition, sleep, stress resiliency, mindfulness techniques, and alcohol and tobacco in the improvement of mental and physical wellness.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Apply mindfulness techniques to enhance health and wellness.
2. Examine substance use and its relationship with health and wellness.
3. Analyze the role of sleep in mental and physical health.
4. Explore lifestyle factors and mental health.
5. Understand stress and stress resiliency as it relates to health and wellness
6. Analyze physical activity guidelines for chronic disease.
7. Analyze nutritional guidelines for chronic disease.
8. Analyze theories of behavior change and lifestyle medicine.
9. Identify interventions for chronic disease.
10. Define anthropogens and explain how they contribute to disease.
11. Define proximal, medial and distal determinants of chronic disease.
12. Identify the root causes of chronic disease and their risk factors.
13. Examine the frameworks of lifestyle medicine.
14. Examine the evidence for lifestyle medicine.
15. Identify the scope of lifestyle medicine.
16. Explain the lifestyle related causes of disease.
17. Define chronic disease.
18. Discuss the illness wellness continuum.
19. Explain the historical background of health models.

COURSE CONTENT:

Curriculum Approval Date: 02/10/2026

The following topics are included in the framework of the course but are not intended as limits on content. The order of presentation and relative emphasis will vary with each instructor.

- I. Lifestyle medicine and its essential components (6 hours)
 - A. Historical background of health models
 - B. The illness wellness continuum
 - C. Lifestyle in the context of chronic disease
 - D. Scope of lifestyle medicine
 - E. Evidence base for lifestyle medicine
 - F. Lifestyle medicine frameworks
- II. Root cause of chronic disease (6 hours)
 - A. History of disease
 - B. Lifestyle-related causes of disease
 - C. Assessing risk factors
 - D. Proximal, medial and distal determinants
 - E. Expanding the concept of disease and intervention
 - F. Inflammation and disease
 - G. Anthropogens
- III. Behavior change theories and lifestyle medicine (6 hours)
 - A. Motivational interviewing
 - B. Motivational interviewing techniques
 - C. Decisional balance
 - D. Health belief model
 - E. Trans-theoretical model of change
 - F. Socioecologic model
 - G. Self-determination theory
 - H. Barriers to change
- IV. Nutrition guidelines for chronic disease (8 hours)
 - A. Weight and health
 - B. Nutritional factors beyond calories
 - C. Energy balance
 - D. Evidence-based trends in weight control
 - E. Nutrition-ism: nutrients vs. foods
 - F. Specific dietary requirements
 - G. Assessing food intake
 - H. Beverages and alcohol
 - I. Eating as a behavior
 - J. Understanding hunger - physical and psychological drivers of consumption
 - K. Mindful eating
 - L. Intuitive eating
- V. Physical activity guidelines for chronic disease (6 hours)
 - A. Evolution and movement
 - B. Relationship between activity levels, morbidity, and mortality
 - C. Exercises
 - D. Exercise variables and progression
 - E. Exercise and disease management
 - F. Exercise and cardiovascular disease

COURSE CONTENT(CONTINUED):

- G. Exercise and diabetes
- H. Exercise and hypertension
- I. Exercise and dyslipidemia
- J. Exercise and psychological health
- VI. Stress resiliency (6 hours)
 - A. What is stress?
 - B. General adaptation syndrome (GAS)
 - C. Historical context of stress
 - D. Resilience and hardiness
 - E. Stress appraisal
- VII. Lifestyle factors and mental health (6 hours)
 - A. Introduction to anxiety and depression
 - B. Lifestyle medicine for mental health
 - C. Positive psychology
 - D. Mindfulness techniques
 - E. Mindful self-compassion
 - F. Re-evaluating chronic pain
 - G. Neuroplasticity of chronic pain
 - H. Chronic pain lifestyle interventions
- VIII. Sleep and health (4 hours)
 - A. Role of sleep in mental and physical health
 - B. Sleep cycles
 - C. Sleep and health risk factors
 - D. Sleep hygiene
- IX. Substance use and health (4 hours)
 - A. What is addiction?
 - B. Smoking, drinking and health
 - C. Evidence

METHODS OF INSTRUCTION:

Audio-visual Collaborative learning Discussion Distance Education Learning modules Lecture Lecture discussion Inquiry and Guided learning

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours 108

Assignment Description

Outside assignments may include, but are not limited to, the following: I. Reading, writing and critiquing articles related to lifestyle medicine II. Designing lifestyle medicine interventions III. Interviewing lifestyle medicine practitioners

Reading assignments are required and may include, but are not limited to, the following: I. Assigned textbook II. Instructor handouts and PDFs III. Professional organizations and journals such as American College of Lifestyle Medicine

Writing assignments are required and may include, but not limited to: Reports related to behavior change, analysis of journal articles, personal wellness reflections and applied lifestyle interventions.

Critical thinking assignments are required and may include, but are not limited to: comparing and contrasting lifestyle medicine and traditional healthcare interventions, applying behavior change principles to practice and analyzing lifestyle medicine interventions.

METHODS OF EVALUATION:

Writing assignments

Evaluation Percent 35

Evaluation Description

Examples could include:

reports related to behavior change

analysis of journal articles

personal wellness reflections

applied lifestyle interventions

Objective examinations

Evaluation Percent 35

Evaluation Description

written or practical exams

Other methods of evaluation

Evaluation Percent 30

Evaluation Description

Discussions

REPRESENTATIVE TEXTBOOKS:

Health Promotion and Disease Prevention for advanced practice: Integrating evidence-based lifestyle concepts, Downes & Tryon, Jones & Bartlett , 2025 or a comparable textbook/material.

ISBN: 9781284299762

13th Grade Verified by: Publisher

The Professionals Guide to Health and Wellness Coaching, Matthews, Bryant, Skinner & Green, American Council on Exercise, 2019 or a comparable textbook/material.

ISBN: 978-890720-71-1

13th Grade Verified by: Publisher

ARTICULATION and CERTIFICATE INFORMATION

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education: N

Program Status: 1 Program Applicable

Special Class Status: N

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: C

Course Control Number: CCC000658536

Sports/Physical Education Course: N

Taxonomy of Program: 129900

CIP: 519999