

BS in Lifestyle Medicine
Department of Wellness & Movement Sciences
Eastern Washington University
AY 25 - 26

Students with career goals in Public Health, Health Care, and Wellness should consider pursuing the BS in Lifestyle Medicine. 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 a holistic approach to healthcare that prepares students for the future trajectory of health care in the U.S.

The BS in Lifestyle Medicine allows students to pursue a degree path that looks holistically at health and wellbeing. 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.

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REQUIRED CORE COURSES			
Course		CR	Prerequisite(s)
ADST 300	Survey of Alcohol/Drug Problems	4	
ADST 308	Cultural Issues in Addiction Treatment & Behavioral Health	4	ENGL 101
LMED 201	Introduction to Lifestyle Medicine	2	Sophomore Standing
LMED 350 & 350L	Exercise Testing and Prescription and Exercise Testing and Prescription Lab	4	Sophomore Standing/co-req lab LMED 350L
LMED 390	Principles of Program Design	3	LMED 350 with a grade of \geq C+
LMED 401	Applied Lifestyle Medicine	3	LMED 201, LMED 411, and LMED 420 with a grade \geq C+
LMED 411	Physical Activity, Mental Health & Cognition	3	Sophomore Standing
LMED 420	Principles of Program Design in Special Pop	4	EXSC 390 and PHED 372, or LMED 201 and LMED 390, with a grade of \geq C+
LMED 440	Exercise Counseling & Behavior Change	3	LMED 390
PHED 256	Medical Terminology	2	
PHED 372	Applied Nutrition & Physical Fitness	3	
PSYC 231	Science of Stress & Coping	3	
PSYC 440	Happiness & Positive Psychology	5	Junior Standing
RCLS 333	Facilitation and Group Dynamics in Recreation Management	4	English proficiency, or permission of the instructor

SUPPORTING COURSES			
BIOL 232 & 232L	Human Anatomy and Physiology Non-BIOL Majors and Human Anatomy and Physiology Non-BIOL Majors Lab	5	one college chemistry course. Corequisite: BIOL 232
BIOL 233 & 233L	Human Anatomy and Physiology Non-BIOL Majors and Human Anatomy and Physiology Non-BIOL Majors Lab	5	BIOL 232. Corequisite: BIOL 233L
BIOL 234 & 234L	Human Anatomy and Physiology Non-BIOL Majors and Human Anatomy and Physiology Non-BIOL Majors Lab	5	BIOL 233. Corequisite: BIOL 234L
ELECTIVE COURSES - choose at least 10 credits from the following:			
ADST 310	Globally Speaking: What about Drugs?	4	ENGL 101 or permission of instructor
ADST 412	Physiology & Pharmacology of Addictions	4	ENGL 201 or department permission
ANTR 340	Anthropology of Food & Nutrition	5	Sophomore Standing
ANTR 342	Medical Anthropology	5	Sophomore Standing
BIOL 343	Biology of Aging	3	
CMST 337	Foundations of Social Media	3	Sophomore Standing
EXSC 380	Nutrition in Sport and Exercise	3	PHED 372 or FNDDT 356, or permission of the instructor
EXSC 455	Research & Analysis	3	CSBS 320 or MATH 380
LMED 388	Lifestyle Medicine Practicum	1-4	LMED 201 with a grade \geq C+
PHED 193	Standard First Aid and Safety	2	
PSYC 315	Psychology of Human Relations	4	English proficiency & junior standing
PSYC 317	Health Psychology	5	Junior Standing
RCLS 206	Outdoor Adventure Recreation	4	
RCLS 220	Leadership Development in Recreation Mgmt	4	
RCLS 380	Experiential Learning and Leadership	4	English proficiency, or permission of the instructor
TCOM 407	Proposal Writing	5	ENGL 201
PRE-CLINICAL CONCENTRATION - 20 credits			
The Pre-Clinical Concentration is designed for students who are planning on attending a graduate program			
BIOL 235 & 235L	Elementary Medical Microbiology and Elementary Medical Microbiology Lab	5	completion of or concurrent enrollment in CHEM 163. Corequisite: BIOL 235L
CHEM 161 & 161L	General Chemistry for the Health Sciences and General Chemistry Laboratory for the Health Sciences	5	MTHD 104 or MTHD 106 or math placement score. A high school chemistry course or CHEM 100 is highly recommended
CHEM 162 & 162L	Organic Chemistry for the Health Sciences and Organic Chemistry Laboratory for the Health Sciences	5	\geq C- in CHEM 161 or permission from instructor; completion of MTHD 104 or math placement score
CHEM 163 & 163L	Biochemistry for the Health Sciences and Biochemistry Laboratory	5	\geq C- in CHEM 162 or permission from instructor; completion of MTHD 104 or

	for the Health Sciences		math placement score
REQUIRED SENIOR CAPSTONE			
LMED 490	Lifestyle Medicine Senior Capstone	4	Senior standing; LMED 401 with a grade \geq C+