



**Themed Certificate:  
Lifestyle Medicine and Community Well-Being**

**Department Behavioral Sciences**

The certificate in Lifestyle Medicine and Community Well-Being provides students with a set of skills to help them live a better life. The certificate introduces students to evidence-based lifestyle interventions to optimize their personal health and well-being. It also explores the ways in which social factors such as race, class, gender, and physical environment affect individual and community well-being, as well as the ways in which technology has both enriched and impaired their lives. In the capstone, students implement a holistic self-intervention strategy to promote a healthier lifestyle and design a community-focused health intervention to improve the lives of others.

**Learning Outcomes:**

1. Demonstrate a comprehensive understanding of the arc of human health and illness from ancient times when pathogens ruled and plagues ensued, to our contemporary era where progress in human health is in question.
2. Demonstrate through knowledge and application the ways in which therapeutic lifestyle interventions can be utilized to treat chronic conditions, improve immune function, increase resilience, and optimize health at both the organismic and systemic levels.
3. Demonstrate an understanding of sociological concepts of health and illness, as well as the political, economic, cultural, and environmental factors that shape health, illness, and health disparities in the United States and globally.
4. Demonstrate an understanding of theoretical models for sustainable and positive behavior change and apply such models on both individual- and community-based levels.
5. Experience the benefits, challenges, and potential pathological reactions to being “unplugged” in a technology-mediated society.

**Learning Outcomes Assessed in Each Course:**

Course	LO1	LO2	LO3	LO4	LO5
BIOL 271	X				X
PSYC 363		X			X
SOCI 373			X		
PSYC 374				X	