CHMN 567
HEALTH MINISTRY
HEALTH & LIFESTYLE
TRANSFORMATION
Spring Semester 2019
Evelyn Kissinger, MS, RD
CHMN 567
HEALTH MINISTRY
HEALTH & LIFESTYLE TRANSFORMATION
SPRING SEMESTER 2019

GENERAL CLASS INFORMATION

Class location: Feb 24-25 Chan Shun Auditorium
Class time/day: Feb 24 and 25 8:30 am – 5:45 pm
Credits offered: 1 Credit
Class fee: $20.00 (Includes food samples, room, full body scan, and prizes)

DIRECTOR CONTACT

Director: Evelyn Kissinger, MS, RD
Telephone: 269.930.0505
Email: evelynk@andrews.edu
Office location: by appointment
Office hours: by appointment

COURSE DESCRIPTION

CHMN 567 Health Ministry: Health & Lifestyle Transformation

A study of the Adventist health message in its contemporary expression and application in a ministry leader’s personal life, work, and outreach. An opportunity to experience the transformation of practicing a healthful lifestyle and sharing the principles with others and learn practical ways that lifestyle can address issues of addiction.

Schedule Type: Intensive

Clothing: Wear comfortable clothing.

Prerequisite: None

Class Fee: $20.00. Includes food samples, room, Full Body Scan, and prizes.
COURSE MATERIALS

Required: (Textbooks are compliments of General Conference of Seventh-day Adventist)
Nampa, Idaho. [www.pacificpress.com](http://www.pacificpress.com)

Findley, Mark and Peter Landless. 2014. *Health & Wellness Secrets That Will Change Your Life*.

[http://healthministries.com/celebrations](http://healthministries.com/celebrations)

Adventist Recovery Ministries: Journey to Wholeness. Overcoming addictions with the 12-step model. [www.adventistrecovery.org](http://www.adventistrecovery.org)

The Gateway to Wholeness program. (Developed to help overcome problems associated with pornography use) [www.gatewaytowholeness.com](http://www.gatewaytowholeness.com)

Full Body Scan: schedule at [www.andrews.edu/wellness/](http://www.andrews.edu/wellness/) (paid for with class fee)

Balanced Living PowerPoint & Video Series: Lifestyle Matters Michigan Conference:
[www.lifestylematters.com](http://www.lifestylematters.com) (free online)

Resource List:
[www.compasshealth.net](http://www.compasshealth.net)


[http://healthministries.com/content/celebrations-sermons](http://healthministries.com/content/celebrations-sermons)


[evelynkissinger@gmail.com](mailto:evelynkissinger@gmail.com)

[www.nedleyhealthsolutions.com](http://www.nedleyhealthsolutions.com)


Websites:
Exercise:
American Council on Exercise: [https://www.acefitness.org/education-and-resources/professional/expert-articles/](https://www.acefitness.org/education-and-resources/professional/expert-articles/)
Articles on ACE written by Dominque Gummelt [https://www.acefitness.org/education-and-resources/professional/author/15/dominique-gummelt-phd](https://www.acefitness.org/education-and-resources/professional/author/15/dominique-gummelt-phd)

Just Stand Website: [http://www.juststand.org](http://www.juststand.org)

Academy of Nutrition & Dietetics: [www.eatright.org](http://www.eatright.org)
Lifestyle Matters: [www.lifestylematters.com](http://www.lifestylematters.com)
Michigan Conference Health Ministry: [www.lifestylematters.com](http://www.lifestylematters.com)
Physicians Committee for Responsible Medicine. [www.perm.org](http://www.perm.org)
Positive Choices: [www.positivechoices.com](http://www.positivechoices.com)
Weimar Health Institute. [www.newstartclub.com](http://www.newstartclub.com)

Department of Disease Prevention & Health Promotion: [https://www.healthypeople.gov/](https://www.healthypeople.gov/)

**Health Fair Banners:**
Health Education Resource: [www.healthexpobanners.com](http://www.healthexpobanners.com)

**Community Health Seminars:**
Adventist Recovery Ministries: Journey to Wholeness. Overcoming addictions with the 12-step model. [www.adventistrecovery.org](http://www.adventistrecovery.org)

Celebrations: [http://healthministries.com/celebrations_presentations](http://healthministries.com/celebrations_presentations)


CHIP: Community Health Improvement Program: [www.adventistchip.org](http://www.adventistchip.org)
Depression Recovery: [http://depressionthewayout.com](http://depressionthewayout.com)
Diabetes Undone: [www.diabetesundone.com](http://www.diabetesundone.com)
Full Plate Diet: Weight Control: [www.fullplateliving.org](http://www.fullplateliving.org)
Lifestyle Matters Michigan Conference: [www.lifestylematters.com](http://www.lifestylematters.com)
WIN! Wellness. John and Millie Youngberg: [www.winwellness.org](http://www.winwellness.org)

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**REVISION STATEMENT**

The instructor reserves the right to revise the syllabus for the benefit of the learning process with appropriate notification to the students.

**OBJECTIVES/OUTCOMES**

**Program Learning Objectives**
- Recognize the Seventh-day Adventist Health message and its relevance in personal life and in ministry.
- Critique how current lifestyle choices affect physical, mental, spiritual and social health now and in the future.

**SEVENTH-DAY ADVENTIST THEOLOGICAL SEMINARY**
• Distinguish how all dimensions of wellness are interconnected (physical, mental, spiritual and social).
• Design a personal wellness plan.
• Discover Health Ministry Resources available for Health Outreach.

Personal Application/Activities

1. Record your 30 hours post-intensive activities of learning & practicing healthy lifestyle choices: exercise, coaching groups, group wellness week activities, reading, watching videos, PowerPoints & health documentaries, and/or trying new healthy recipes.

2. Your Personal Wellness Journey
   May include any of the following for your personal journey:
   b. Andrews University Transformation Project
   c. Pedometer Challenge—keep track of steps—a goal of 10,000 steps per day
   d. FITT Project—Getting physically fit—strength, flexibility, cardiovascular
   e. My Fitness Pal App—Nutrition and Weight Control
   f. Other: Your self-guided wellness program

3. Group Coaching: Meet for 3 sessions with one or more people. Use the coaching questions found on the Learning Hub.

4. Group Project: Your group will be responsible for ONE TOPIC for ONE week to encourage fellow students to live a healthful lifestyle. Submit your ideas for your assigned wellness week and make a report of what you did and the participation of each student in your group.

5. Submit a summary/reflection paper (2-3 pages) and how you used your 30 hours outside of class.
   a. What is the relevance of the Seventh-day Adventist Health message in your personal life and ministry?
   b. How did you use your 30 hours outside of class?
   c. How do your current lifestyle choices affect your physical, mental, spiritual and social health?
   d. How successful were you in reaching your health goals during this semester?
   e. How has your lifestyle changed during the semester?
   f. How has your lifestyle change influenced your family and friends?
   g. What is your plan to continue improvement in your lifestyle journey?
   h. How has this experience in personal lifestyle transformation influenced your paradigm of the gospel and the health message?
   i. Which Health Ministry Resources will you use in your health ministry?
## TOPICS AND ASSIGNMENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/24/19</td>
<td>Health Ministry Intensive: Feb 24 and 25</td>
</tr>
<tr>
<td></td>
<td>With the General Conference Health Ministry Team</td>
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<tr>
<td></td>
<td>8:30 am to 5:45 pm Chan Shun Hall</td>
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<tr>
<td></td>
<td>(Lunch 12:30 – 1:45 pm on your own)</td>
</tr>
<tr>
<td>2/25/19</td>
<td><strong>Complete/record 30 hours of activities outside of class</strong></td>
</tr>
<tr>
<td></td>
<td>Engage in Personal Wellness Program</td>
</tr>
<tr>
<td></td>
<td>Make appointment for Full Body Scan</td>
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<td></td>
<td><a href="http://www.andrews.edu/wellness">www.andrews.edu/wellness</a></td>
</tr>
<tr>
<td></td>
<td><strong>Books:</strong></td>
</tr>
<tr>
<td></td>
<td><em>The Ministry of Health &amp; Healing</em></td>
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<tr>
<td></td>
<td><em>Health &amp; Wellness Secrets That Will Change Your Life</em></td>
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<tr>
<td></td>
<td><em>Celebrations: Living Life to the Fullest</em></td>
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<tr>
<td>3/4/19</td>
<td><strong>Wellness Week #1</strong></td>
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<tr>
<td></td>
<td>Personal Wellness</td>
</tr>
<tr>
<td></td>
<td>Session #1 Coaching Group Support</td>
</tr>
<tr>
<td></td>
<td><strong>Group A</strong></td>
</tr>
<tr>
<td></td>
<td>Create a Lifestyle: Drink Water</td>
</tr>
<tr>
<td></td>
<td>LIQUIDS: Drink Water: Aim for 8 glasses each day</td>
</tr>
<tr>
<td></td>
<td>Drink 2 glasses of water when you get up in the morning.</td>
</tr>
<tr>
<td></td>
<td>Divide your weight by 2 to estimate the ounces of water you need each day.</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
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</tr>
</tbody>
</table>
| 3/11/19  | Wellness Week #2 | Personal Wellness

**Group B** Create a Lifestyle: EXERCISE: Be Active
- Take a 10-minute walk
- Take stairs
- Exercise for at least 20-30 min/day
- Count number of push-ups, squats, & burpees
- That you can do: work up to 10 each
- Sit less
- Stand in class

Encourage movement in classroom. See “Exercises for Classroom.”

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/18/19</td>
<td>Spring Break</td>
<td>-</td>
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</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
</table>
| 3/25/19  | Wellness Week #3 | Personal Wellness

Session #2 Coaching Group Support

**Group C** Create a Lifestyle: NUTRITION:
- Increase Dietary Fiber: Start increasing Dietary
- Aim for at least 30g of dietary fiber/day
- Gradually increase dietary fiber
  - Eat at least 3 fruits each day.
  - Eat at least 3 vegetables each day.
  - Eat at least 2 whole grains each day.
  - Eat at least 5 servings of beans/week.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
</table>
| 4/1/19   | Wellness Week #4 | Personal Wellness

**Group D** Create a Lifestyle REST: Get Adequate Sleep:
- Aim 7-8 hours of sleep each night
- Go to bed 15 minutes earlier
- Create a Sleep Revolution
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>4/8/19</td>
<td>Wellness Week #5</td>
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<tr>
<td></td>
<td>Personal Wellness</td>
</tr>
<tr>
<td></td>
<td>Session #3 Coaching Group Support</td>
</tr>
<tr>
<td></td>
<td>Group E Create an ENVIRONMENT</td>
</tr>
<tr>
<td>4/15/19</td>
<td>Wellness Week #6</td>
</tr>
<tr>
<td></td>
<td>Personal Wellness</td>
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<tr>
<td></td>
<td>Group F Create Connections: SOCIAL SUPPORT &amp; Spiritual</td>
</tr>
<tr>
<td>4/23/19</td>
<td>Last Day to Turn in Assignments Reflection Report</td>
</tr>
</tbody>
</table>
Personal Wellness Program: One Choice at a Time

This scheduled program will help you week-by-week to develop healthful habits. Each week the **Highlighted items** are the items new for the week.

**Week #1 Your Personal Wellness Goals:**
1. Water: Increase water intake
2. Thank you Journal: Write down 5 things you are thankful for.
3. Walk: 10 minute walk (after a meal is optimal) OR start recording steps.
4. Personal Devotions: At least 10 minutes

**Week #2 Your Personal Wellness Goals:**
1. Water: **Drink 5-8 glasses** of water each day.
2. Thank you Journal: Write down 5 things you are thankful for.
3. Walk: **Increase walk time (10 minute walk after meals)** or **increase steps that you are recording**
   Include strength-training (10 push-ups; 10 squats; 10 burpees)
4. Personal Devotions: At least 10 minutes
5. Nutrition: **Eat at least 2 fruits** each day.

**Week #3 Your Personal Wellness Goals:**
1. Water: Drink at least 5-8 glasses of water each day.
2. Thank you Journal: Write down 5 things you are thankful for.
3. Walk: **20 minute walk OR 10 minute walk after every meal OR record steps.**
   Increase strength-training exercises.
4. Personal Devotions: At least 10 minutes
5. Nutrition: **Eat at least 2 fruits and 2 vegetables** each day.
6. Sleep time: Go to bed 10-15 minutes earlier

**Week #4 Your Personal Wellness Goals:**
1. Water: Drink at least 5-8 glasses of water each day.
2. Thank you Journal: Write down 5 things you are thankful for.
3. Walk: 20 minute walk OR record steps. Increase strength-training exercises.
4. Personal Devotions: At least 10 minutes
5. Nutrition: Eat at least **3 fruits, 3 vegetables each day and at least 2 servings of whole grains each day.**
6. Sleep time: Aim for 7-8 hours per night.

**Week #5 Your Personal Wellness Goals:**
1. Water: Drink at least 5-8 glasses of water each day.
2. Thank you Journal: Write down 5 things you are thankful for.
3. Walk: 20 minute walk OR record steps. Increase strength-training exercises.
4. Personal Devotions: At least 10 minutes
5. Nutrition: Eat at least 3 fruits, 3 vegetables each day and at least 2 servings of whole grains each day. **Eat at least 1 serving of nuts/seeds each day.**
6. Sleep time: Aim for 7-8 hours per night.
Credit-Hour Definitions
A workshop for 1-credit taken at the Seventh-day Adventist Theological Seminary requires 15 hours of faculty-student contact. Out-of-class student work is 30 hours for a 1-credit class.

Criteria for Grades
Letter Grades are calculated on a percentage basis

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
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<tbody>
<tr>
<td></td>
<td>95-100%</td>
<td>80-84%</td>
<td>65-69%</td>
<td>45-59%</td>
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<tr>
<td>A-</td>
<td>90-94%</td>
<td>75-79%</td>
<td></td>
<td></td>
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<tr>
<td>B+</td>
<td>85-89%</td>
<td>70-74%</td>
<td></td>
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<tr>
<td>C-</td>
<td>64-60%</td>
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</table>

Assignment Submissions
All assignments are due April 23, 2019. All assignments must be uploaded to Learning Hub.

Distribution of Points

<table>
<thead>
<tr>
<th>Assignments</th>
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<tr>
<td>Perfect attendance Workshop</td>
<td>55%</td>
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<tr>
<td>Workshop Report</td>
<td>5%</td>
</tr>
<tr>
<td>Personal Wellness Journey</td>
<td>25%</td>
</tr>
<tr>
<td>Group Project</td>
<td>5%</td>
</tr>
<tr>
<td>Coaching Sessions (meet 3 times)</td>
<td>5%</td>
</tr>
<tr>
<td>Reflection Paper</td>
<td>5%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Percent of Grade | Estimated Hours
---             | ---
55%            | Workshop Attendance: Perfect attendance is required. 16
5%             | Workshop Report 1
25%            | Your Personal Wellness Program—hours spent/activities- reading 21
5%             | Group Project: Each group is assigned one topic to promote and encourage throughout the seminary for one week. 4
5%             | Coaching Sessions (3): Meet with another person (or group of 3) (see coaching questions on Learning Hub). 4
5%             | Reflection Paper: 2-3 pages 1
CLASS POLICIES

Factors That Influence Grading

Late submissions of assignments
1. Work done (or handed in) late generally does not receive full credit. Late work caused by illness must be verified in writing by the campus health center, with the student assuming the initiative in obtaining the certificate and handing it to the course instructor within one week of returning to class. Bona fide major emergencies unrelated to illness may be discussed with the instructor personally before the due date of the assignments.
2. Any student who will not be able to do the labs at the scheduled time due to illness, or other emergency is required to notify the instructor prior to the labs. The student must also submit a signed medical statement from the doctor’s office. Failure to make such arrangements may will have a negative effect on the grade.
3. All work submitted on time will be rewarded extra points as indicated under each assignment. Late assignments will not receive these points.

Class Attendance
Regular and punctual attendance is required at all classes so students can fully benefit from the enrichment provided by the lectures and class dynamics. In case of absence(s) the student must notify the instructor. When an emergency arises which requires that the absences exceed 10 percent of the class periods, or 4 class periods for the course, the dean’s approval should be secured. In that case the student can choose between additional written work to make up for the loss of enrichment through class dynamics or a lowering of the final letter grade. No enrichment bonus will be given for excessive absenteeism and lateness. Andrews University Bulletin 2010, page 29-30

Do not disrupt classroom dynamics:
Be on time! Turn off cell phones. Class disruptions may forfeit attendance credit for class.

Academic Integrity
“In harmony with the mission statement (p.18), Andrews University expects that students will demonstrate the ability to think clearly for themselves and exhibit personal and moral integrity in every sphere of life. Thus, students are expected to display honesty in all academic matters.

Academic dishonesty includes (but is not limited to) the following acts: falsifying official documents; plagiarizing, which includes copying others’ published work, and/or failing to give credit properly to other authors and creators; misusing copyrighted material and/or violating licensing agreements (actions that may result in legal action in addition to disciplinary action taken by the University); using media from any source or medium, including the Internet (e.g., print, visual images, music) with the intent to mislead, deceive or defraud; presenting another’s work as one’s own (e.g. placement exams, homework, assignments); using material during a quiz or examination other than those specifically allowed by the teacher or program; stealing, accepting, or studying from stolen quizzes or examination materials; copying from another student during a regular or take-home test or quiz; assisting another in acts of academic dishonesty (e.g., falsifying attendance records, providing unauthorized course materials).

Andrews University takes seriously all acts of academic dishonesty. Such acts as described above are subject to incremental discipline for multiple offenses and severe penalties for some offenses. These acts are tracked in the office of the Provost. Repeated and/or flagrant offenses will be referred to the Committee for Academic Integrity for recommendations on further penalties. Consequences may include denial of admission, revocation of admission, warning from a teacher with or without formal documentation, warning from a chair or academic dean with formal documentation, receipt of a reduced or failing grade with or without notation of the reason on the transcript, suspension or dismissal from the course, suspension or dismissal from the program, expulsion from the university, or degree cancellation. Disciplinary action may be retroactive if academic dishonesty becomes apparent after the student leaves the course, program or university

Departments or faculty members may publish additional, perhaps more stringent, penalties for academic dishonesty in specific programs or courses”.

Disability Accommodations
If you qualify for accommodation under the American Disabilities Act, please contact Student Success in Nethery Hall 100 (disabilities@andrews.edu or 269-471-6096) as soon as possible so that accommodations can be arranged.

Teacher Tardiness
“ Teachers have the responsibility of getting to class on time. If a teacher is detained and will be late, the teacher must send a message to the class with directions. If after 10 minutes no message has been received, students may leave without penalty. If teacher tardiness persists, students have the right to notify the department chair, or if the teacher is the department chair, to notify the dean”.

Class Absences
“Whenever the number of absences exceeds 20% (10% for graduate classes) of the total course appointments, the teacher may give a failing grade. Merely being absent from campus does not exempt the student from this policy. Absences recorded because of late registration, suspension, and early/late vacation leaves are not excused. The class work missed may be made up only if the teacher allows. Three tardies are equal to one absence.

Registered students are considered class members until they file a Change of Registration form in the Office of Academic records”.

SEVENTH-DAY ADVENTIST THEOLOGICAL SEMINARY
Excused Absences

“Excuses for absences due to illness are granted by the teacher. Proof of illness is required. Residence hall students are required to see a nurse on the first day of any illness which interferes with class attendance. Non-residence hall students should show written verification of illness obtained from their own physician. Excuses for absences not due to illness are issued directly to the dean’s office. Excused absences do not remove the student’s responsibility to complete all requirements of a course. Class work is made up by permission of the teacher”.

Language and Grammar

There is an expectation that a student enrolled in a graduate program possesses advanced written language skills, particularly in the language in which the degree is acquired. Thus, no special consideration will be given to English as a second language learners or native-English speakers who have yet to obtain mastery in written English. Such students are advised to seek the assistance of the campus writing lab or procure the services of an editor prior to the submission of their assignments. *Tips for success* include reading your assignments aloud and having someone else do likewise prior to submission. This practice will provide you with immediate feedback on your written assignments.

Emergency Protocol

Andrews University takes the safety of its students seriously. Signs identifying emergency protocol are posted throughout buildings. Instructors will provide guidance and direction to students in the classroom in the event of an emergency affecting that specific location. It is important that you follow these instructions and stay with your instructor during any evacuation or sheltering emergency.

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**FACILITATOR PROFILE**

![Evelyn Kissinger, MS, RD](image)

Evelyn Kissinger, MS, RD
Class Facilitator
evelynk@andrews.edu
269.930.0505

About Evelyn:

Passion: To empower individuals to reach and maintain their lifestyle goals for vibrant health: physically, mentally, and spiritually.

- Creates and implements successful health-enhancing and cost-saving wellness programs for corporations, schools, churches, health-professional groups, and individuals.
- Lifestyle consultant, registered dietitian & nutritionist, international speaker, author and teacher.
- 1975: Bachelor’s degree from the University of Tennessee.
- 1990: Master’s degree from Andrews University.
- 1975-1982: Director of Nutrition Services/Clinical Dietitian at Battle Creek Sanitarium Hospital
- 1982-1997: Private Practice: Corporate Wellness Programs, Consultant
- 1997-2004: Instructor Andrews University: Department of Nutrition and Wellness
- Since 2004: Michigan Conference of Seventh-day Adventist: Health Ministry
  - Director of Lifestyle Matters at Work that showed a significant health impact and cost savings with wellness intervention programs.

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**SEVENTH-DAY ADVENTIST THEOLOGICAL SEMINARY**

12
Nutrition Director of Lifestyle Matters

- Co-author of *Balanced Living PowerPoint Series* and *Fit and Free!*
- Co-authored three Health Intervention Series and books:
  - *Living Free: Finding Freedom from Habits that Hurt*
  - *Simple Solutions: Lifestyle Links to Lowering Stress, Lifestyle Diseases, and Obesity*
  - *Foods for Thought: Nutrition’s Link to Mood, Memory, Learning and Behavior.*

- Author of *Change Your Body One Bite at a Time.*
- Chapter Contribution: “Obesity: A Global Concern” in the Andrews University Seminary textbook:
  - *Church & Society: Missiological Challenges for the Seventh-day Adventist Church.*
- Andrews University instructor in nutrition, wellness, and health ministry.
- Lives in St. Joseph, MI with her husband, Peter. They have four adult children.

Revised Jan 16, 2019
CHMN567 Health & Lifestyle Transformation  
2019 Fall Semester  
Evelyn Kissinger, MS, RD

SYNOPSIS OF THE COURSE

CLASS & CONTACT INFORMATION

Class location: Chan Shun Auditorium  
Class meeting times: Sept 8 & 9, 2019 (Sunday & Monday) 8:30am – 5:30pm  
Course Website: learninghub.andrews.edu  
Instructor Telephone: 269.930.0505  
Instructor Email: evelynk@andrews.edu  
Office location: By Appointment  
Office hours: By Appointment  
Lab Fee: $20.00 (includes meal, handouts, full body scan)

BULLETIN DESCRIPTION OF COURSE

The study of the Adventist Health Message in its contemporary expression and application in a ministry leader’s personal life, work and outreach. An opportunity to experience the transformation of practicing a healthful lifestyle and sharing the principles with others and learn practical ways that lifestyle can address issue of addiction.

PROGRAM & COURSE LEARNING OUTCOMES

The following Course Learning Outcomes contribute to the overall Program Learning Outcomes by identifying the key learnings to be achieved in this course:
1. Recognize the Seventh-day Adventist Health Message and its relevance in personal life and ministry.
2. Discover how evidence-based science supports the Adventist Health Message.
3. Distinguish how all dimensions of wellness are interconnected (physical, mental, spiritual, and social).
4. Critique how your current lifestyle choices – physical, mental, spiritual, and social – may be affecting you now and how these choices may impact your future.
5. Recognize the role of lifestyle choices in prevention and treatment of addictions.
6. Design and implement a personal wellness plan.
7. Discover Health Ministry Resources available for your Health Outreach.

## COURSE OVERVIEW

Course topics and assignments have been selected to contribute to learning and evaluating these Course Learning Outcomes (CLOs) as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignment Due</th>
<th>CLOs Addressed</th>
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<tbody>
<tr>
<td>9/8/2019</td>
<td>Class Intensive</td>
<td>Perfect Attendance/Participation</td>
<td>1-7</td>
</tr>
<tr>
<td>9/9/2019</td>
<td>Class Intensive</td>
<td>Perfect Attendance/Participation</td>
<td>1-7</td>
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<tr>
<td>9/9/2019</td>
<td>AAAS Survey*</td>
<td>On Learning Hub 9/10/2019</td>
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<tr>
<td>9/9/2019</td>
<td>Self-Scoring Health Assessment</td>
<td>In Class/On Learning Hub 9/10/2019</td>
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<tr>
<td>9/26/2019</td>
<td>Full Body Scan</td>
<td>Wed/Thurs 11:30 am – 1:00 pm Sept 11,12,18,19,25,26 (Sign up in class) Complete by 9/26/2019</td>
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<td>11/1/2019</td>
<td>Coaching Sessions Completed</td>
<td>At least 3 coaching sessions with partner. See Learning Hub. 11/1/2019</td>
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<td>11/28/2019</td>
<td>Self-Scoring Health Assessment</td>
<td>11/28/2019 (Compare results from the beginning of the semester)</td>
<td></td>
</tr>
<tr>
<td>11/28/2019</td>
<td><strong>Final Paper</strong></td>
<td>Submit paper. Address questions and rubric. 11/28/2019</td>
<td>1-7</td>
</tr>
</tbody>
</table>
AAAS Survey is a 10-minute online survey from the American Association for the Advancement of Science. Andrews University Seminary has received a grant from the AAAS with the interest of incorporating science in theology classes. This class includes evidence-based science and is part of that grant. Your pre and post survey is anonymous and is provided by AAAS. See Learning Hub.

**ATTENDANCE**

Perfect attendance is required for the two-day intensive. A failing grade may be assigned if more than 10% (1.5 hours) of the intensive is missed.

**COURSE MATERIALS**

**Required Course Materials**


**Recommended Course Materials**

Balanced Living PowerPoint and Video Series: Lifestyle Matters Michigan Conference: [www.lifestylematters.com](http://www.lifestylematters.com) (free online)

**MORE ABOUT THE COURSE**

This course provides the opportunity of reflecting on current evidence-based science that supports the Seventh-day Adventist lifestyle. Seventh-day Adventist believe that the “health message is the right arm of the gospel,” that this message “fits a people for the coming of the Lord,” and that this message “is a part of the third angel's message.”

“Your body is the temple of the Holy Spirit” and with that is the privilege of living an abundant life as an expression of gratitude to God. Taking care of your body and brain shows respect and gratitude for life, enhances cognitive function, and gives life & energy for service. The health message is also “an entering wedge to prepare hearts for Christ.”

Learning & applying these principles during your study at Andrews Seminary may enhance your academic career and give you the opportunity to practice these principles so that they become an integral part of your life.
“The forgiveness of sin is not the sole result of the death of Jesus, He made the infinite sacrifice, not only that sin might be removed, but that human nature might be restored, rebeautified, and reconstructed from its ruins, and made fit for the presence of God. T5 p537

I pray that you will experience abundant life!

### TIME EXPECTATIONS FOR THE COURSE

**US Credit-Hour Regulations**

For every semester credit, the Andrews University credit hour definition requires that:

**Courses for professional masters’ degrees (e.g. MDiv)** include 15 instructor contact hours and 30 hours of independent learning activities.

The calculation of hours is based on the study skills of the average well-prepared graduate student. Students weak in these skills: 1) may require more time and should consider taking fewer classes each semester; and 2) can find skill development assistance through the Seminary Study and Research Skills Colloquia, the AU Writing Center, and AU Student Success office.

In order to achieve the outcomes of this course, learning time will be distributed as follows:

<table>
<thead>
<tr>
<th>Time Description</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Intensive Contact Hours</strong></td>
<td></td>
</tr>
<tr>
<td>Two-day Intensive Sept 8 and 9</td>
<td>15</td>
</tr>
<tr>
<td>8:30 am to 5:30 pm</td>
<td></td>
</tr>
<tr>
<td>AAAS Survey</td>
<td></td>
</tr>
<tr>
<td><strong>Independent Learning Activities/Personal Wellness Program</strong></td>
<td></td>
</tr>
<tr>
<td>Personal Wellness Program</td>
<td>27</td>
</tr>
<tr>
<td>Pre-test</td>
<td></td>
</tr>
<tr>
<td>Self-Scoring Health Assessment</td>
<td>(10 min)</td>
</tr>
<tr>
<td>“How Fit &amp; Well Are You?”</td>
<td></td>
</tr>
<tr>
<td>Full Body Scan</td>
<td>(10 min)</td>
</tr>
<tr>
<td>Coaching</td>
<td>(1 hour)</td>
</tr>
<tr>
<td>Post-test</td>
<td></td>
</tr>
<tr>
<td>Self-Scoring Health Assessment</td>
<td>(10 min)</td>
</tr>
<tr>
<td>“How Fit &amp; Well Are You?”</td>
<td></td>
</tr>
<tr>
<td>Reflection Paper (Includes reflection on material learned in 2-day intensive and Personal Wellness program)</td>
<td>3 hours</td>
</tr>
</tbody>
</table>
GUIDELINES FOR COURSE ASSIGNMENTS

Grades are based on the independent learning activities below which provide practice toward, and assessment of, the learning outcomes of this course. The grade weighting for each assignment is provided in the right-hand column. Specific due dates are given in the Course Overview above.

<table>
<thead>
<tr>
<th>Assignment Description</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two-day Intensive Sept 8 and 9 8:30am–5:30pm–Perfect Attendance</td>
<td>40%</td>
</tr>
<tr>
<td>AAAS Pre and Post Survey</td>
<td></td>
</tr>
<tr>
<td>Reflection Paper (Includes report of self-administered pre and post health assessment, full body scan, coaching experience, and personal wellness program activities, goals, and accomplishments during the 27 hours of personal wellness). See questions to address in the reflection paper and grading rubric. Due 11/28/2019</td>
<td>60%</td>
</tr>
</tbody>
</table>

In order to make grading fair for everyone, grades will be assigned on the basis of the above requirements alone (see questions to address and rubric). No individual arrangements will be made for those requesting last minute grade adjustment or extra credit.

Submission of Assignments

All Assignments are on the Learning Hub.

Reflection Paper:

Summarizes learning from the 2-day intensive, your reading of Ministry of Healing, your personal goals and your personal wellness journey. (see Rubric for grading)

1. What is the relevance of the Seventh-day Adventist Health message in your personal life and ministry?

2. What evidence-based science (from the health intensive or personal research) and Biblical principles influenced your personal goals and progress? (Include evidence-based science and personal progress in physical, mental, social, and spiritual health.)
   a. your self-scoring health assessment (include your Pre & Post test score)
   b. your full body scan (health age)
c. physical health (nutrition, water, exercise, sleep)

d. mental health (cognitive function, moods, thinking, studying)

e. social health (interacting with others, how did you spend time with others during your personal wellness journey, influence you may have had on others, influence that others had on you)

f. spiritual health (your relationship with God)

4. How did you distribute your 27 hours of activity during the semester? (exercise, cooking, reading, coaching, video, etc.)

5. What resources will be most valuable in your Health Ministry?

6. What did you like most about this class? What are ways to improve?

Late Submission  Late work will earn a possible 50% less points. Last day for assignments is Nov 28, 2019.

ABOUT YOUR INSTRUCTOR

Evelyn Kissinger, MS, RD  evelynk@andrews.edu  269.930.0505:

Passion: To empower individuals to reach and maintain their lifestyle goals for vibrant health: physically, mentally, and spiritually.

- Creates and implements successful health-enhancing and cost-saving wellness programs for corporations, schools, churches, health-professional groups, and individuals.
- Lifestyle consultant, registered dietitian & nutritionist, international speaker, author and teacher.
- 1975: Bachelor’s degree from the University of Tennessee.
- 1990: Master’s degree from Andrews University.
- 1975-1982: Director of Nutrition Services/Clinical Dietitian at Battle Creek Sanitarium Hospital
- 1982-1997: Private Practice: Corporate Wellness Programs, Consultant
- 1997-2004: Instructor Andrews University: Department of Nutrition and Wellness
- Since 2004: Michigan Conference of Seventh-day Adventist: Health Ministry
  - Director of Lifestyle Matters at Work that showed a significant health impact and cost savings with wellness intervention programs.
  - Nutrition Director of Lifestyle Matters
• Co-author of *Balanced Living PowerPoint Series* and *Fit and Free!*

• Co-authored three Health Intervention Series and books:
  - *Living Free: Finding Freedom from Habits that Hurt*
  - *Simple Solutions: Lifestyle Links to Lowering Stress, Lifestyle Diseases, and Obesity*
  - *Foods for Thought: Nutrition’s Link to Mood, Memory, Learning and Behavior.*

  o Materials can be found at [www.lifestylematters.com](http://www.lifestylematters.com)

• Author of *Change Your Body One Bite at a Time.*

• Chapter Contribution in Andrews University Seminary Textbook;
  - *Church & Society: Missiological Challenges for the Seventh-day Adventist Church.*
    - Chapter: Obesity: A Global Concern"

• Andrews University instructor in nutrition, wellness, and health ministry.

• Lives in St. Joseph, MI with her husband, Peter. They have four adult children.

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**OTHER COURSE-RELATED POLICIES**

**Academic Integrity**

Seminary expects its students to exhibit rigorous moral integrity appropriate to ministry leaders representing Jesus Christ. Complete honesty in academic matters is a vital component of such integrity. Any breach of academic integrity in this class is subject to discipline. Consequences may include receipt of a reduced or failing grade, suspension or dismissal from the course, suspension or dismissal from the program, expulsion from the university, or degree cancellation. Disciplinary action may be retroactive if academic dishonesty becomes apparent after the student leaves the course, program or university. A record of academic integrity violations is maintained by the University Student Academic Integrity Council. Repeated and/or flagrant offenses will be referred to an Academic Integrity Panel for recommendations on further penalties.

Academic Dishonesty includes:

• Plagiarism in which one fails to give credit every time use is made of another person’s ideas or exact words, whether in a formal paper or in submitted notes or assignments. Credit is to be given by use of:
  o Correctly designed and inserted footnotes each time one makes use of another individual’s research and/or ideas; and
  o Quotation marks placed around any exact phrases or sentences (3 or more words) taken from the text or speech of another individual.

• Presenting another’s work as one’s own (e.g., placement exams, homework assignments);

• Using materials during a quiz or examination other than those explicitly allowed by the teacher or program;

• Stealing, accepting, or studying from stolen quizzes or examination materials;

• Copying from another student during a regular or take-home test or quiz;

• Assisting another in acts of academic dishonesty

• Submitting the same work or major portions thereof, without permission from the instructors, to satisfy the requirements of more than one course.

For additional details see: [https://www.andrews.edu/academics/academic_integrity.html](https://www.andrews.edu/academics/academic_integrity.html)
**Academic Accommodations**

If you qualify for accommodation under the American Disabilities Act, please see contact Student Success in Nethery Hall 100 (disabilities@andrews.edu or 269-471-6096) as soon as possible so that accommodations can be arranged.

**Use of Electronics**

No recording or streaming is permitted in seminary courses. Courtesy, respect, and professionalism dictate that laptops and cell phones are to be used only for class-related activities during class time.

**Communications and Updates**

Email is the official form of communication at Andrews University. Students are responsible for checking their Andrews University e-mail, Moodle, and iVue alerts regularly.

**LearningHub Access**

Andrews University Learning Hub hosts this course online. Your Learning Hub username and password are the same as your Andrews username and password. Use the following contact information if you need technical assistance at any time during the course, or to report a problem with LearningHub.

<table>
<thead>
<tr>
<th>Username and password assistance</th>
<th><a href="mailto:helpdesk@andrews.edu">helpdesk@andrews.edu</a></th>
<th>(269) 471-6016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technical assistance with Learning Hub</td>
<td><a href="mailto:dlit@andrews.edu">dlit@andrews.edu</a></td>
<td>(269) 471-3960</td>
</tr>
<tr>
<td>Technical assistance with your Andrews account</td>
<td><a href="http://andrews.edu/hdchat/chat.php">http://andrews.edu/hdchat/chat.php</a></td>
<td></td>
</tr>
</tbody>
</table>

**Emergency Protocol**

Andrews University takes the safety of its student seriously. Signs identifying emergency protocol are posted throughout buildings. Instructors will provide guidance and direction to students in the classroom in the event of an emergency affecting that specific location. It is important that you follow these instructions and stay with your instructor during any evacuation or sheltering emergency.

*Please Note: The instructor reserves the right to revise the syllabus, with the consensus of the class, at any time during the semester for the benefit of the learning process. The up-to-date Course Description for this course may be found at [www.learninghub.andrews.edu](http://www.learninghub.andrews.edu).*
APPENDIX 1: INTERPRETING LETTER GRADES

Letter Grades and Percentages

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
<th>Percentage Range</th>
<th>Grade</th>
<th>Percentage Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>95-100%</td>
<td>A</td>
<td>80-84%</td>
<td>B</td>
<td>65-69%</td>
<td>C</td>
</tr>
<tr>
<td>90-94%</td>
<td>A-</td>
<td>75-79%</td>
<td>B-</td>
<td>60-64%</td>
<td>C-</td>
</tr>
<tr>
<td>85-89%</td>
<td>B+</td>
<td>70-74%</td>
<td>C+</td>
<td>55-59%</td>
<td>D</td>
</tr>
</tbody>
</table>

The B Grade

The B grade is a sign that you have competently fulfilled all of the requirements stipulated for an assessment or competency evaluation. It is a very good grade and demonstrates a high level of the knowledge, insight, critical competence and professional presentation standards essential for an individual wishing to pursue a career as a professional leader in ministry.

The A Grade

An A grade is given only when a student not only fulfills the criteria for a B grade, but in doing so demonstrates an advanced academic aptitude for content knowledge, critique, synthesis and independent insight, while exhibiting highly developed communication skills and professional publication standards that would allow them to pursue a highly competitive academic career.

The C Grade

The C grade differs only from a B grade in that the traits outlined in the B grade above are not consistently applied. However, with diligence and by applying feedback from your lecturer, the academic process can provide opportunity for a student to improve their consistency, and hence, their grade.

The D Grade

The D grade points to a limited level of knowledge, insight, and critique, as well as to inadequate quality of written work. This may be because of a lack of time management on the part of the student, difficulty grasping the concepts being taught, use of English as a second language, or a personal issue that is affecting one’s concentration and motivation levels. Again, with diligence, applying feedback from your lecturer, and seeking services offered by the University like the writing lab or the counseling center, the academic process can provide an opportunity for a student to significantly improve their performance.

The F Grade

A failing grade is given when very limited or no demonstrable competency has been observed.
### Health & Lifestyle Transformation Value Rubric

**Definition:** Evidence-based research documents that the Seventh-day Adventist lifestyle is an optimal way to build physical, mental, emotional, social, and spiritual health. Implements a personal wellness program.

<table>
<thead>
<tr>
<th>Competencies</th>
<th>Capstone 4</th>
<th>Milestone 3</th>
<th>Milestone 2</th>
<th>Benchmark 1</th>
<th>60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rationale</strong></td>
<td>Clearly articulates a precise and balanced rationale for pursuing wholistic health.</td>
<td>Adequately articulates a clear and balanced rationale for pursuing wholistic health.</td>
<td>Modestly articulates a rationale for pursuing wholistic health.</td>
<td>Does not clearly articulate a rationale for pursuing wholistic health.</td>
<td>5</td>
</tr>
<tr>
<td><strong>Integrative Learning</strong></td>
<td>Synthesizes evidence-based research from at least two disciplines (e.g., religion and science) to show the impact of the Seventh-day Adventist Health Message in physical, mental, emotional, social &amp; spiritual well-being.</td>
<td>Explores &amp; shows interest in the evidence-based research on the Seventh-day Adventist Health Message in physical, mental, emotional, social &amp; spiritual well-being.</td>
<td>Explores and shows mild interest in the evidence-based research on the Seventh-day Adventist Health Message.</td>
<td>Explores at a surface level, providing little interest of the evidence-based research of the Seventh-day Adventist Health Message.</td>
<td>15</td>
</tr>
<tr>
<td><strong>Transfer</strong></td>
<td>Clearly adapts and applies, skills, abilities, theories, or methodologies gained from research, to design and implement a personal, wholistic health plan.</td>
<td>Adequately adapts and applies, skills, abilities, theories, or methodologies gained from research, to design and implement a personal, wholistic health plan.</td>
<td>Moderately adapts and applies, skills, abilities, theories, or methodologies gained from research, to design and implement a personal, wholistic health plan.</td>
<td>Does not adapt and apply, skills, abilities, theories, or methodologies from research, to design and implement a personal, wholistic health plan.</td>
<td>15</td>
</tr>
<tr>
<td><strong>Collaboration</strong></td>
<td>Chooses a partner in the journey to wellness including coaching, workouts, and implementing healthful goals. Has an influence for good habits on someone else.</td>
<td>Chooses a partner with limited interest. May have an influence to someone else concerning healthier habits.</td>
<td>Connects with others randomly.</td>
<td>Does not choose to connect with anyone else.</td>
<td>10</td>
</tr>
<tr>
<td><strong>Reflection</strong></td>
<td>Clearly articulates strengths and challenges in the quest for designing and implementing a personal health plan. Explores solutions for challenges in integrating the Seventh-day Adventist health message in personal life, work &amp; outreach.</td>
<td>Adequately articulates strengths and challenges in the quest for designing and implementing a personal health plan. Explores solutions for challenges in integrating the Seventh-day Adventist health message in personal life, work &amp; outreach.</td>
<td>Articulates strengths &amp; challenges in the quest for designing &amp; implementing a personal health plan.</td>
<td>Does not articulates strengths &amp; challenges in the quest for designing &amp; implementing a personal health plan.</td>
<td>15</td>
</tr>
</tbody>
</table>
MASTERS PROGRAMS: Master of Divinity (MDiv)

1) (Character) **Models spiritual humility, maturity and integrity** grounded in a living experience with God in joyful assurance of His salvation, nurtured by the sanctifying presence and power of the Holy Spirit.

2) (Scholarship) **Manifests the practices of a Biblical scholar-theologian** engaging the Bible, Christian/Adventist heritage and professional resources with theological maturity for personal growth and for facilitating the theological competence of others.

3) (Discipleship & Evangelism) **Demonstrates personal commitment, passion and essential skills for discipleship and evangelism**, while equipping members to carry out ministry within the scope of the local and global mission of the Seventh-day Adventist church.

4) (Leadership) **Exercises creative and visionary leadership** as a minister and servant of Christ, discerning the needs, spiritual gifts and potential of others, in order to equip and engage in their God-given ministries.

5) (Worship) **Facilitates enriching corporate worship** that brings diverse peoples into the transforming presence of God.

6) (Administration/Management) **Engages the abilities of self and others to strategically steward** personal and corporate resources including time, health, finances, property and service in areas of spiritual giftedness.

7) (Relationships) **Models effective relationships** with people of diverse cultures, backgrounds, character, and persuasions, reflecting the wisdom, compassion, and discernment of Jesus through the work of the Spirit.
APPENDIX #: BIBLIOGRAPHY OF RECOMMENDED BOOKS & RESOURCES

Lifestyle Matters of Michigan Conference Health Ministry  www.lifestylematters.com
1. Free Balanced Living PowerPoints: 22 Topics (20 min and 7 minute version of each PowerPoint)
2. Living Nicotine Free 10-session Program

General Conference Health Ministry  www.Healthministries.com/resources/programs
1. Adventist Recovery Ministries Global: ARMin promotes healing and freedom from harmful practices by providing resources and training to facilitate recovery. ARMin exists to: Promote healing (individually and corporately) utilizing the healthy, balanced principles of God’s Word.
2. CELEBRATIONS® is an acronym for 12 healthful living principles: (1) choices, (2) exercise, (3) liquid, (4) environment, (5) belief, (6) rest, (7) air, (8) temperance, (9) integrity, (10) optimism, (11) nutrition, and (12) social support and services. Celebrations Sermon Series: Living Life to the Fullest
4. Facts with Hope video spots highlight evidence-based principles for healthy living and a more abundant life. As you choose to care for your body and mind intelligently, you will be in a position to better communicate with God, sense His presence and discern His purpose for your life. www.factswithhope.org
5. Youth Alive! is a faith-based program that focuses on preventing at-risk behavior among youth aged 13-25 years old by fostering purposeful, wholistic connections and resilience. It equips young people to proactively make positive, healthy choices for life each day.
6. Breathe-Free 2 A Stop Smoking Program  www.breathefree2.com
7. Gateway to Wholeness Overcoming pornography addiction www.gatewaytowholeness.com
8. Positive Choices Email, short videos and articles on making positive choices Positivechoices.com

Other:
Exercise: Dominique Gummelt
www.acefitness.org/education-and-resources/professional/author/15/Dominique-gummelt-phd

Diabetes Undone  Wes Youngberg  www.diabetesundone.com
CHIP: Complete Health Improvement Program  www.adventistchip.org
Weight Control: Full Plate Diet  www.fullplateliving.org
NEWSTART Weimar  www.newstart.com
WIN! Wellness  www.winwellness.org
Health Fair Banners  www.healthexpobanners.com

Seminary Library Portal at  http://libguides.andrews.edu/religion