

KINE 021: APPLICATIONS OF HEALTH AND WELLNESS COACHING

New Course Proposal

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Originator

wansley

Co-Contributor(s)

Name(s)

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Justification / Rationale

This course will provide accompany the Kine 020 Health and Wellness Coaching Program and provide an opportunity for practical skill development.

Effective Term

Spring 2024

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

021

Full Course Title

Applications of Health and Wellness Coaching

Short Title

APP HLTH & WELLNESS COACH

Discipline

Disciplines List

Kinesiology

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

This course helps students enhance their coaching skills with practice coaching sessions and instructor feedback. It also covers the ethical and legal implications of health and wellness coaching. This course is designed to provide students in the Health and Wellness Coaching program with practical experience in the field of wellness coaching.

Schedule Description

This course provides practical skill development, feedback and assessment for students interested in health and wellness coaching. Corequisite: KINE 020

Lab Units

1

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Prerequisite Course(s)

Corequisite: KINE 020

Required Text and Other Instructional Materials**Resource Type**

Book

Author

Margaret Moore

Title

Coaching Psychology Manual

Edition

second edition

City

Philadelphia

Publisher

Wolters Kluwer

Year

2016

College Level

Yes

ISBN #

978-1-4511-9526-2

For Text greater than five years old, list rationale:

This book is recognized and supported by the health and wellness coaching industry. It is the most recent version.

There is also reference to current health statistics and theories from the Centers of Disease Control and Prevention and National Institute of Health.

Class Size Maximum

25

Entrance Skills

The student will have an understanding of the professional presence of a health and wellness coach and how to foster a client centered approach to promote self-awareness and self-discovery in personal health and wellness.

Requisite Course Objectives

KINE 020-Analyze the role of the wellness coach to be calm, present and emotionally available to promote self-awareness and self-discovery of clients and future clients.

Entrance Skills

The students will demonstrate understanding of ethics and scope of practice in health and wellness coaching.

Requisite Course Objectives

KINE 020-Identify ways to establish and build rapport and trust with future and current health and wellness clients.

Entrance Skills

The students will have an understanding of diverse communication skills and strategies for health and wellness coaches building upon principles of motivational interviewing.

Requisite Course Objectives

KINE 020-Demonstrate communication appreciation styles of client's work and progress.

Entrance Skills

The students will have an understanding of diverse health and wellness resources that a client may desire to research and explore as theories and strategies to promote personal change.

Requisite Course Objectives

KINE 020-Analyze health and wellness resources to evaluate and integrate positive and beneficial behaviors and strategies to promote change.

Entrance Skills

The students will have an understanding of how to help a client contextualize their personal values and strengths as they build upon positive emotions, a healthy mindset and behavior change.

Requisite Course Objectives

KINE 020-Create awareness to help clients develop positive self emotions, gratitude, acceptance, and compassion.

Entrance Skills

The students will develop an understanding of coaching skills that build upon a clients strengths, self worth and efforts in their pursuit of health and wellness.

Requisite Course Objectives

KINE 020-Develop positive psychological resources with clients by cultivating meaning, reflecting positive emotions, applying strengths, and affirming self-worth and efforts.

Course Content

- I. Coaching Structure
 - A. Coach Preparation prior to session
 - B. Coaching during the first session
 - C. Coaching during early sessions
 - D. Routine follow- up sessions
 - E. Coaching relationship termination
- II. Ethics/Legal
 - A. Professional conduct
 - B. Ethical considerations
 - C. Legal considerations
 - D. Referrals
- III. Practical Skills Practice (peer practice coaching sessions)
 - A. Building trust and rapport
 - B. Active listening
 - C. Creating a Personal and Health and Wellness Vision
 - C. Motivational interviewing

- D. Goal setting and implementation
- E. Focusing and refocusing the conversation
- F. Fostering client self efficacy
- G. Fostering autonomy, choice and intrinsic motivation
- H. Focusing on positive psychology
- IV. Health and Wellness Knowledge
 - A. Accurate and appropriate knowledge of chronic disease and related health behaviors
 - B. Accurate and appropriate knowledge of nutrition and exercise
- V. Student Practicum
 - A. Students engage in practice coaching sessions with client and receive instructor feedback on coaching skills
 - B. Health and Wellness case studies review
 - C. Practical Skills Assessment
- VI. Certification
 - A. National certification opportunities
 - B. Resources for continued learning and national certification opportunities

Lab Content

- I. Peer Practice Health and Wellness Coaching Sessions building upon coaching preparation prior to session and utilize skills and strategies to;
 - A. Build and engage the relationship
 - B. Establish a personal health and wellness vision
 - C. Explore client values, strengths and desires to support health and wellness goals
 - D. Experiment with action steps to build upon change
 - E. Support for lasting change
 - F. Peer feedback of sessions
 - G. Student personal feedback of sessions
- I. Faculty led development feedback on practical coaching skills as demonstrated by student
- II. Student led Faculty Health and Wellness Coaching Sessions building upon student demonstration of coaching preparation and structure prior to session and utilizing skills and strategies to;
 - A. Build upon engagement strategies
 - B. Explore client's vision
 - C. Explore client values, strengths and desires to support health and wellness goals
 - D. Experiment with action steps to build upon change
 - E. Support for lasting change
 - F. Student reflection upon coaching session with faculty
 - G. Faculty led development feedback on practical coaching skills as observed from student to faculty in practice coaching sessions
- III. Practical Skills Assessment
 - A. Students will participate in a practical skills assessment based upon several health and wellness case studies to prepare for in advance
 - B. Practical skills guidelines administered by faculty

Course Objectives

| Objectives | |
|-------------|----------------------------------------------------------------------------------------------------------|
| Objective 1 | Demonstrate engagement strategies to build trust and rapport with health and wellness coaching clients. |
| Objective 2 | Identify values, strengths and desires of health and wellness coaching clients. |
| Objective 3 | Create and give support to a client developing a personal health and wellness vision. |
| Objective 4 | Analyze strategies to elicit SMART goal development from clients. |
| Objective 5 | Create and give support to client led brainstorming of action led steps to building healthy habits |
| Objective 6 | Utilizing motivational interviewing skills to support client lasting and transformative behavior change. |
| Objective 7 | Describe the legal and ethical implications of health and wellness coaching. |
| Objective 8 | Prepare for national certification opportunities. |

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1 Prepare for, execute and close a client centered health and wellness coaching session utilizing principles of motivational interviewing.

Methods of Instruction

| Method | Please provide a description or examples of how each instructional method will be used in this course. |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Collaborative/Team | Students will work in one on one and in small peer groups practicing elements of health and wellness coaching sessions. |
| Demonstration, Repetition/Practice | Students will repeat, practice and demonstrate motivational interviewing skills. |
| Discussion | Students will reflect and give feedback to practice coaching sessions along with sharing insight into wellness coaching terminology. |
| Self-exploration | Students will explore and reflect upon diverse aspects of building healthy habits, principles of motivation and behavioral change. |
| Role Playing | Students will participate as client, health and wellness coach and observer during practice coaching sessions. |
| Participation | Students will participate in practical skill development, feedback and assessment in one on one settings and small groups. |
| Journal | Students will prepare, apply, journal and reflect to practice health and wellness coaching sessions. |

Methods of Evaluation

| Method | Please provide a description or examples of how each evaluation method will be used in this course. | Type of Assignment |
|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| College Level Essays | Students will participate in discussion threads related to health and wellness coaching sessions and motivational interviewing. | In and Out of Class |
| Group activity participation/observation | Students will participate in peer to peer, small group and student led to faculty health and wellness coaching sessions. They will share reflections, observations and give feedback. | In Class Only |
| Guided/unguided journals | Students will document peer to peer and small group health and wellness coaching sessions. Students will journal and prepare for case studies for practical skills assessment. | Out of Class Only |
| Presentations/student demonstration observations | Students will demonstrate diverse health and wellness coaching skill development building upon clients strengths, values, vision, goal setting and action steps. | In Class Only |
| Tests/Quizzes/Examinations | There will be reflective quizzes based upon concepts of health and wellness coaching. | In and Out of Class |

Assignments
Other In-class Assignments

1. Coaching session preparation
2. Coaching session journaling engagement strategies
2. Coaching session notes on facilitating a vision
3. Coaching session notes on SMART goal development
4. Coaching session notes on transforming client values and strengths into action steps
5. Coaching session notes on supporting lasting change
6. Peer to Peer practice health and wellness coaching sessions and reflections
7. Small group practice health and wellness coaching sessions and reflections
8. Reflections and observations of practice health and wellness coaching sessions

9. Student led Faculty health and wellness coaching sessions
10. Practical skills health and wellness coaching assessment

Other Out-of-class Assignments

1. Preparation for health and wellness coaching sessions
2. Research potential careers in the health and wellness coaching industry
3. Reflection upon diverse communication strategies and tools that can elicit client motivation
4. Article review on current health and wellness principles, strategies and past case studies
5. Textbook review and application of health and wellness principles, strategies and references
6. Review of peer coaching feedback and faculty led developmental feedback on health and wellness coaching sessions
6. Preparation of coaching structure, review of case studies for practical skills assessment

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

50

On-campus %

50

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

n/a

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

effective student and faculty contact

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Chat room/instant messaging
Discussion forums with substantive instructor participation
Online quizzes and examinations
Private messages
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Video or audio feedback
Weekly announcements

External to Course Management System:

Direct e-mail
E-portfolios/blogs/wikis
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
Synchronous audio/video
Teleconferencing
Telephone contact/voicemail

For hybrid courses:

Field trips
Library workshops
Orientation, study, and/or review sessions
Scheduled Face-to-Face group or individual meetings

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

There will be weekly discussion assignments on topics of health and wellness coaching and practical skill development. These assignments will receive appropriate instructor feedback.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

n/a

Other Information

Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.

Allowing this course to have an online modality will improve our access to students that currently balance jobs and families. There will be scheduled opportunities for practice coaching peer sessions and practical skills assessment.

MIS Course Data

CIP Code

31.0507 - Physical Fitness Technician.

TOP Code

083520 - Fitness Trainer

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transferable to CSU only

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

02/16/2023

Academic Senate Approval Date

03/07/2023

Board of Trustees Approval Date

04/21/2023

Chancellor's Office Approval Date

04/27/2023

Course Control Number

CCC000637682

Programs referencing this courseHealth and Wellness Coach Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=342>)