

HLTH C120: INTRODUCTION TO WELLNESS COACHING

Item	Value
Top Code	083700 - Health Education
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)

Course Description

Skills and strategies for promoting the total well-being of the person, including behavior change strategies, physical fitness, nutritional awareness, coping with stress, and taking responsibility for one's health. Decisions affecting individual and social health will be emphasized. ADVISORY: HLTH C100. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Apply valid research principles in the interpretation and application of major theories of healthy living.
2. Interpret and apply theories of healthy living to critically analyze and evaluate personal lifestyles, including factors such as physical fitness, stress and nutrition.
3. Develop a knowledge of wellness protocols and motivational behaviors and be able to apply that knowledge to assist clients, consumers, and the public to follow and maintain personalized wellness plans.

Course Objectives

- 1. Present and apply major theories of health as they relate to fitness, diet, and overall wellness of the individual.
- 2. Analyze the components of wellness and recommend changes to behaviors to improve an individual's lifestyle.

Lecture Content

Basic Principles Psychology of Wellness Health Continuum Dimensions of Wellness Individualizing Wellness Preventative Health Health Promotion Models Lifestyle Change Cornerstones of Coaching Lifestyle Improvement Desire for change Becoming a Wellness Coach What makes a good coach Foundational coaching skills Active Listening Responsibilities Strategic Coaching Prioritizing Changes Lifestyle Changes: Environmental Interpersonal Health and Medical Coaching: Medical Compliance Health Improvement Effecting and Evaluating Change Goal Setting Motivating Wellness Assessments Establishing Habits

Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

Instructional Techniques

Lectures, discussions, Q A, group work, presentations, and/or case studies will be used as the major instructional techniques for this course.

Reading Assignments

Textbook reading, library research assignments, practice tests on lesson content and key terms, group and individual projects, and/or preparation for discussions.

Writing Assignments

Students will complete essays or research reports that require them to analyze, interpret, evaluate, and synthesize concepts introduced in the class and draw appropriate conclusions and to present their conclusions in a well-organized and clearly written format.

Out-of-class Assignments

Reading and written assignments; research assignments; preparation of content to share with the class and responses to content presented; analysis of case studies and/or review of expert interviews; responses to guiding questions on course content; and/or self-assessments.

Demonstration of Critical Thinking

Problem solving exercises, assessment of self and others and application of research to back-up conclusions on written assignments may be used to assess critical thinking.

Required Writing, Problem Solving, Skills Demonstration

Examples include: analysis of case studies or reviews of expert interviews; response to guiding questions; presentations and responses to content presented by others.

Eligible Disciplines

Health: Masters degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelors degree in any of the above AND masters degree in public health, or any biological science OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Ecklin, Gordon; Golantz, Eric. Health and Wellness: A Holistic Approach, 9th ed. Jones Bartlett Publishers, 2007 Rationale: - Legacy Textbook Transfer Data: Legacy text 2. Required Auerbach, J. The Well-Being Coaching Workbook, 1st ed. Executive College Press, 2009 Rationale: This guidebook provides the forms and tools tailored for our coaches to aid their clients to have enhanced well-being in their work and personal lives. Legacy Textbook Transfer Data: Legacy text 3. Required Arloski, M. Wellness Coaching for Lasting Lifestyle Change, 2nd ed. Whole Person Associates, 2014 Rationale: - Legacy Textbook Transfer Data: Legacy text

Other Resources

1. Coastline Library