

SES-1300: FITNESS AND WELLNESS COACHING

Cuyahoga Community College

Viewing: SES-1300 : Fitness and Wellness Coaching

Board of Trustees:

May 2022

Academic Term:

Fall 2022

Subject Code

SES - Sport and Exercise Studies

Course Number:

1300

Title:

Fitness and Wellness Coaching

Catalog Description:

Concepts of fitness and wellness coaching including health behavior change theories, client assessment, goal setting, evaluation processes, coaching dialogue, and coaching ethics as it relates to being a Fitness Specialist. Students will learn how to develop a coaching approach.

Credit Hour(s):

3

Lecture Hour(s):

3

Lab Hour(s):

0

Requisites

Prerequisite and Corequisite

SES-1040 Teaching Exercise Technique or departmental approval.

Outcomes

Course Outcome(s):

Apply the knowledge of the concepts of fitness and wellness coaching to being a Fitness Specialist.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Identify common behavioral theory models.
2. Explain self-determination theory and strategies that may be used to support its framework when working with clients.
3. Explain basic strategies founded on common behavioral theory models to help clients adapt and maintain physical activity behaviors.
4. Explain the importance of verbal and non-verbal communication in cultivating a safe and supportive specialist-client relationship
5. Explain and demonstrate effective strategies for establishing and maintaining a positive and productive client-specialist relationship
6. Identify principles of behavior change and how they may affect clients who are beginning a new physical activity program or for clients who are already active.
7. Describe the spirit of motivational interviewing.
8. Identify basic adherence strategies to decrease the likelihood of client dropout.
9. Understand and utilize SMART goal setting in a training session.

10. Conduct a client questionnaire and initial assessment including the following components: client's fitness, health background, and readiness to change.
11. Explain effective interview skills to establish rapport and enhance client self-discovery.
12. Identify a client behavior example for each stage of readiness to change and identify proper coaching strategies for each scenario.
13. Identify the stages of the client-specialist relationship.
14. Identify and implement practices to enhance the client-specialist relationship.
15. Discuss strategies for effective relationship building in the investigation stage utilizing active listening, open-ended questions, reflections, and summaries.
16. Explain how clients develop self-monitoring techniques to improve behavior change adoption and adherence.
17. Explain the core components of designing a behavior change plan.
18. Describe different methods of accountability.
19. Demonstrate how to assist clients in developing and employing strategies to overcome barriers and manage setbacks.
20. Explain decisional balance as it relates to making behavior changes.
21. Utilize coaching strategies to assist clients in increasing self-efficacy.

Course Outcome(s):

Apply the knowledge of professionalism as a coach.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Explain the code of ethics and scope of practice as a coach.
2. Identify how self-care affects job performance.
3. Identify various credentials of being a fitness and wellness coach and fitness specialist.
4. Discuss continuing education and options to obtain.
5. Develop a professional improvement plan.

Methods of Evaluation:

1. Class participation
2. Written examinations
3. Written assignments
4. Case studies
5. Video demonstrations

Course Content Outline:

1. Introduction to coaching
 - a. Definition of coaching
 - b. History of coaching
 - c. Differentiate between sport, fitness, wellness, and life coaching
 - d. Value of coach and client relationship
 - e. Qualities of a good fitness specialist
 - f. Scope of practice
 - g. Professional code of ethics
2. Fitness and health behavior
 - a. Transtheoretical model/stages of change model
 - b. Intrinsic coaching model
 - c. Self determination theory
3. Rapport phase
 - a. Tools for developing client-trainer relationship
 - b. Building rapport, trust, listening, and verbal responses
 - c. Active listening strategies
4. Investigation phase
 - a. Prescreening approaches
 - b. Assessment forms

- c. Referral identification
 - d. Need for physician referral
 - e. Ongoing investigation strategies
5. Planning phase
 - a. Creating a vision
 - b. SMART goals
 - c. Tracking and measuring goals
 - d. Motivational strategies
 - e. Decisional balance
 6. Overcoming obstacles
 - a. Recognize obstacles to exercise
 - b. Motivational strategies to overcome obstacles
 - c. Decisional balance
 7. Action phase
 - a. Motivational strategies
 - b. SMARTER goals
 - c. Program evaluation strategies
 - d. Feedback approaches
 8. Professional development
 - a. Personal self-care
 - b. Continuing education
 - c. Professional improvement planning
 9. Review and evaluate coaching video scenarios
 - a. Describe the coaching strategies utilized in the sessions
 - b. Identify coaching behaviors
 - c. Indicate ways to improve the coaching in the scenario

Resources

Moore, M. (2015) *Coaching Psychology Manual*, Lippincott Williams & Wilkins .

Palmer, S., & Whybrow, A. (2019) *Handbook of Coaching Psychology*, Routledge Taylor & Friends Group.

American Council on Education. (2019) *The Professional's Guide to Health and Wellness Coaching*, Sandiego, CA: American Council on Education.

Top of page

Key: 5027