

SES-2500: HEALTH AND WELLNESS COACH CERTIFICATION PREP

Cuyahoga Community College

Viewing: SES-2500 : Health and Wellness Coach Certification Prep

Board of Trustees:

May 2022

Academic Term:

Fall 2022

Subject Code

SES - Sport and Exercise Studies

Course Number:

2500

Title:

Health and Wellness Coach Certification Prep

Catalog Description:

Concepts of fitness and wellness coaching including health behavior change theories, client assessment, goal setting, evaluation processes, coaching dialogue, and coaching ethics. Students will learn how to develop a coaching approach. Coaching sessions required in class and out of class. Upon successful completion of the NBC-HWC requirements, students will be eligible to sit for the National Board Health and Wellness Coach Certification.

Credit Hour(s):

3

Lecture Hour(s):

2

Lab Hour(s):

3

Requisites

Prerequisite and Corequisite

SES-1040 Teaching and Exercise Training Techniques, or departmental approval.

Outcomes

Course Outcome(s):

Conduct health and wellness coaching sessions to include initial assessment and appropriate behavior change/counseling approaches for specified client.

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. Conduct a client questionnaire and initial assessment including: the following components: client's fitness, health background, and readiness to change.
2. Identify a client behavior example for each stage of readiness to change and identify proper coaching strategies for each client scenario.
3. Communicate effectively to a practice client about the process of behavior change and encounters that may be experienced.
4. Demonstrate at least three behavior change/counseling approaches that may assist less motivated clients to increase their physical activity.

5. Conduct three complete practice coaching sessions of at least 20 minutes (including one coaching session that includes a Pass/Fail grade)
6. Includes a total of 60 minutes of post-session feedback to each student.

Course Outcome(s):

Apply knowledge of the foundational concepts of fitness and wellness coaching and behavior change theories and models as they relate to fitness, wellness, and health.

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. Define fitness and wellness coaching.
2. Define intrinsic and extrinsic reinforcement and give examples of each.
3. Identify important elements of a coaching session and the components of an initial client assessment.
4. Identify steps to assist clients with goal setting, motivational techniques, overcoming barriers to exercise, and implementing new exercise behaviors with and without the fitness and wellness coach.
5. Identify potential symptoms and causal factors of test or fitness assessment anxiety and how it may affect physiological responses to testing.
6. Recognize the impact of exercise on depression and anxiety and the key signs of anxiety and depression in a client that may necessitate a referral to professional.
7. Recognize how groups impact the ability and efficacy of behavior change.
8. Examine the history of fitness and wellness coaching.
9. Identify the employment opportunities in fitness and/or wellness coaching.
10. Examine the certifications and professional organizations in fitness and/or wellness coaching.
11. Discuss the qualities, values, and ethics of fitness and wellness coaching.
12. Recognize the psychosocial determinants of behavior.
13. Identify various models and theories of behavior change and understand the components, effectiveness, and limitations of each model/theory.
14. Identify at least five behavioral strategies to enhance exercise and health behavior change.

Methods of Evaluation:

1. Class participation
2. Coaching oral practical exam
3. Written examinations
4. Written assignments

Course Content Outline:

1. Introduction to fitness and wellness coaching
 1. Definition of fitness and wellness coaching
 2. History of fitness and wellness coaching
 3. Differentiate between sport, fitness, wellness, and life coaching
 4. Value of coach and client relationship
 5. Qualities of a good coach
 6. Professional conduct
 7. Code of ethics
 8. Legal aspects of coaching
2. Psychosocial determinants of fitness, wellness, and health behavior
3. Fitness and health behavior change theories
 1. Health belief model
 2. Theory of planned behavior/reasoned action
 3. Social cognitive theory
 4. Self-determination theory
 5. Transtheoretical model/stages of change model

- 6. Intrinsic coaching model
- 4. Client relationship skills
 - 1. Tools for developing coach-client relationship
 - 2. Establish client learning preference
 - 3. Building rapport, trust, listening, and verbal responses
 - 4. Client's emotional state and energy
 - 5. Expressing empathy
 - 6. Self-Efficacy
 - 7. Assist in developing a growth mindset
 - 8. The do's and do not's in fitness coaching
- 5. Goal setting
 - 1. Setting goals
 - a) SMART goals (Specific, Measurable, Achievable, Relevant, and Time-Bound)
 - b) Short Term and long term
 - c) Back up plans for not achieving goals
 - 2. Tracking and measuring goals
 - 3. Behavioral vs outcome goals
 - 4. Motivational strategies
- 6. Client assessment
 - 1. Coaching contract
 - 2. Assessment forms
- 7. Conducting coaching sessions
 - 1. Initial coaching sessions
 - 2. Explain the coaching process (including logistics: meeting location, conference call arrangements, etc.)
 - 3. Gauge client's intentions for coaching/obtain information why coaching is sought
 - 4. Determine if the individual is a candidate for health and wellness coaching and is an appropriate candidate for you specifically
 - 5. Assessment forms and questionnaires
 - 6. Have client assess current state of his/her health and/or wellbeing
 - 7. Explore the client's vision of his/her optimal health and/or wellbeing including identifying gaps
 - 8. Explore client priority areas
 - 9. Time management
 - 10. Ongoing coaching sessions
 - 11. Coaching program termination
- 8. Overcoming obstacles in fitness coaching
 - 1. Recognize obstacles to exercise
 - 2. Motivational strategies to overcome obstacles
- 9. Coaching Techniques
 - 1. Active listening
 - 2. Expressing empathy
 - 3. Reflections
 - 4. Open vs. close ended questions
 - 5. Brainstorming
 - 6. Visualization tools
 - 7. Bottom lining
 - 8. Reframing
 - 9. Scaling questions (using a scale of 0-10)
 - 10. Motivational Interviewing
 - 11. Appreciative inquiry
 - 12. Develop support systems
 - 13. Decisional balance tool
- 10. Health and Wellness
 - 1. Travis Illness-Wellness Continuum

2. Chronic Disease
 - a) Hypertension
 - b) Diabetes
 - c) Overweight, obesity
 1. BMI
 2. Waist circumference
 - d) Heart Disease
 - e) Stroke
 - f) Metabolic Syndrome
 - g) Arthritis
 - h) Chronic inflammation
 - i) Lipid abnormalities
3. Weight control
4. Optimal nutrition and hydration
5. Physical activity
6. Sleep
7. Stress and emotional wellness
8. Tobacco use
9. Substance abuse

Resources

Arloski, M. (2014) *Wellness coaching for lasting lifestyle change*, Duluth: Whole Person Associates.

Clifford, D. & Curtis, L. (2016) *Motivational Interviewing in Nutrition and Fitness*, New York: The Guilford Press.

Miller, W., & Rollnick, S. *Motivational interviewing: Helping people change*, New York: The Guilford Press.

Moore, M., Tschannen-Moran, B, & Jackson, E. *Coaching psychology manual*, Baltimore: Lippincott Williams & Wilkins.

Orem, S., Binkert, J., Clancy, A. (2007) *Appreciative coaching: A positive process for change*, San Francisco: Jossey-Bass.

Whitney, D. & Trosten-Bloom, A. (2010) *The power of appreciative inquiry: A practical guide to positive change*, San Francisco: Berrett-Koehler Publishers, Inc.

Edin, G. & Golanty, E. (2019) (2019) *Health & Wellness*, Burlington, MA: Jones & Bartlett.

Boyatzis, R.E., Smith, M., & Van Oosten, E. (2019) *Helping People Change: Coaching with Compassion for Lifelong Learning*, Boston: Harvard Business Review Press.

Van Nieuwerburgh, C., & Love, D. (2019) *Advanced Coaching Practice: Inspiring Change in Others*, SAGE.

Top of page

Key: 4759