

# North Hennepin Community College

## EXSC 2600: Wellness Coaching and Behavior Change

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 0

Lab Hours/Week: 1

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

The course will provide students with key tools for promoting behavior change and creating a foundation for a healthy lifestyle. Concepts essential to understanding the psychological and behavioral aspects of wellbeing will be explored. Applications are made to future exercise science professionals in aiding oneself and others in the movement towards wellness. Students will learn strategies, such as motivational interviewing, decisional balance, operant conditioning, and appreciative inquiry, in order to aide oneself and clients through the stages of change and healthier habits.

**B. COURSE EFFECTIVE DATES:** 04/26/2021 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Explain the theoretical foundations of health behavior change and motivational theories along with their application to the exercise science field.
  - a. Exercise Science 1, 2a, 3a, 3b
  - b. NHCC ELOs 2a, 3d, 4d, 4e
2. Implement basic strategies founded on common cognitive and behavior change strategies and interventions to promote exercise adherence, set goals, and improve fitness and exercise performance.
  - a. Exercise Science 1, 2a, 3a, 3b
  - b. NHCC ELOs 2a, 3d, 4d, 4e
3. Identify the physical, cognitive, and motivational obstacles to adopting a healthy lifestyle.
  - a. Exercise Science 1, 2a, 3a
  - b. NHCC ELOs 2a, 4d, 4e
4. Discuss behavior change strategies in diverse settings and with culturally diverse populations and clientele.
  - a. Exercise Science 1, 3b
  - b. NHCC ELOs 3d, 4d
5. Explain how to elevate performance/training through the application of evidence-based strategies and techniques such as goal setting, reward strategies, visualization, managing anxiety, and improving motivation and performance with the use of music.
  - a. Exercise Science 1, 3a
  - b. NHCC ELOs 2a, 4d, 4e

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted