

North Hennepin Community College

EXSC 2700: Wellness Coaching Theory and Practice

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites:

This course requires both of these prerequisites

EXSC 2100 - Concepts of Training (Minimum grade: 1.67 GPA Equivalent)

EXSC 2600 - Wellness Coaching and Behavior Change

Corequisites: None

MnTC Goals: None

This course examines health and wellness coaching techniques with an emphasis on the practical application of evidence-based interventions, current practices, and skills used to promote healthy lifestyle changes. Students will gain the knowledge and skills needed to assess a client's lifestyle behaviors and then support them through behavior change. This course is designed to prepare students for national certification in health and wellness coaching.

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

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Evaluate the role and scope of a health and wellness coach.
 - a. Exercise Science 1
 - b. NHCC ELOs 3d, 4d, 4e
2. Analyze the process for conducting coaching sessions following an evidence-based coaching model.
 - a. Exercise Science 1, 2a
 - b. NHCC ELOs 2c, 3d, 4e
3. Execute knowledge of core coaching constructs in health and wellness coaching interactions including change theory, the coach/client relationship, modeling, and goal setting.
 - a. Exercise Science 1, 2a, 3a
 - b. NHCC ELOs 2c, 3d, 4e
4. Examine the implementation of mindfulness and cultural competence into the health and wellness coaching field.
 - a. Exercise Science 1, 3b
 - b. NHCC ELOs 3d, 4d
5. Develop effective communication strategies for health and wellness coaches, including building rapport and connecting with clients.
 - a. Exercise Science 1, 2a, 3a
 - b. NHCC ELOs 2c, 3d, 4d, 4e
6. Analyze the role of positive psychology in the coaching relationship.
 - a. Exercise Science 1, 2a
 - b. NHCC ELOs 3d, 4d

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted