Alexandria Technical and Community College

EXSC 2680: Wellness Coaching

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 3
Lab Hours/Week: 0
OJT Hours/Week: *.*

Prerequisites:
This course requires the following prerequisite
BIOL 1435 - Principles of Nutrition

Corequisites: None

MnTC Goals: None

This course is designed to provide the learner with the knowledge, skills, and strategies to effectively coach individuals toward achieving their wellness goals. Students will learn to identify common wellness challenges, develop personalized wellness plans, and communicate effectively with clients using active listening and motivational interviewing techniques. They will gain an understanding of the impact of lifestyle factors on wellness and develop coaching skills such as goal setting and accountability. Additional instruction in the areas of alternative nutritional practices, supplementation, eating disorders, and nutritional protocols for high-performance athletes will be provided.

B. COURSE EFFECTIVE DATES: 05/10/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Define and describe the key principles of wellness, including physical, emotional, social, intellectual, occupational, and spiritual dimensions
2. Identify the common challenges that individuals face in achieving wellness goals, such as lack of motivation, stress, time management, and unhealthy habits
3. Understand how lifestyle factors such as nutrition, exercise, sleep, and stress management affect overall wellness
4. Examine the role carbohydrates, fats, and other components have in a balanced and healthy diet
5. Explore alternative nutritional practices and supplementation
6. Develop coaching skills such as goal setting, accountability, and feedback, as well as the ability to create a supportive and motivating environment for clients
7. Understand the principles of behavior change and how to apply them to help clients overcome barriers and achieve their wellness goals
8. Examine weight loss and weight management
9. Apply a culturally sensitive approach to wellness coaching and understand how different populations may face unique challenges in achieving wellness

D. LEARNING OUTCOMES (General)

1. The learner will understand the principles of wellness and identify wellness challenges.
2. The learner will explore the role of alternative nutritional practices and supplementation.
3. The learner will develop coaching skills and understand the role of behavior change.
4. The learner will promote wellness in diverse populations.
E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted