

# Syllabus for HWM 485

## Health Coaching for Wellness Managers

### IMPORTANT:

This course syllabus document contains basic information of each course. **Please refer to the content pages under the Course Information module on each course site for detailed guidelines, project information, rubrics, course/university policies, and other course-related information for each course.**

### Instructor Information

Theresa Dionne

E-mail: [tjdionne1@gmail.com](mailto:tjdionne1@gmail.com)

### Course Description

The course will assist in developing a strong, useful theoretical viewpoint for health coaching as well as understanding the approaches of therapists and how differential treatment therapeutic goals are set. The definition of coaching and diverse methodologies will be taught, practiced, compared, and contrasted. Students will specifically gain an understanding of what treatment and by whom is most effective for individuals displaying specific problems and under what set of circumstances. As a result students will learn a variety of treatment modalities and learn to respect vastly differing worldviews.

**Prerequisite(s):** HWM 305 The Wellness Profession and HWM 370 Understanding and Effecting Health Behavior Change

### Course Learning Outcomes

By the end of this course, you will be able to:

- Explain the role of health and wellness coach(es) in a comprehensive employee wellness program.
- Identify skills and techniques to successfully guide groups and individuals through meaningful lifestyle changes (e.g., motivational strategies, behavioral and holistic practices).
- Assess qualifications of health and wellness coaches for employee wellness programs.
- Assess the effectiveness of the coaching services.

### Course Activities

#### Readings:

You have 10 chapter readings from the required text, *An Introduction to Coaching*, that are assigned throughout the course. There are 8 other assigned readings. These articles are linked in the lessons where they are assigned.

#### Videos:

In some lessons, there are videos that correspond to topic and assignment. There are video interviews with coaches, informational YouTube videos, and TED talks. Be sure to check a lesson's **Videos** or **Video** page to see what is playing.

**Discussion:**

Each week you are required to prepare a journal entry to post to the discussion board. The response is your own recording of what you read and how it made an impact on you personally and professionally. The reading assignments are from the provided journal articles related to coaching and the required reading sources--as well as any other related material you discover during your research for material. This is a chance for you to critique the reading and sources. Talk about the concepts that stand out to you the most. What are useful to you? What is new? Each journal entry will be entered on the discussion board for your fellow classmates to review. Consider this a way for you to learn from and share with each other.

**Quizzes:**

A 10-point multiple-choice quiz will correspond with each week's textbook reading. The purpose of quizzes is to reinforce key concepts and offer feedback regarding student comprehension of concepts covered in the readings. You will have two attempts at each quiz. Quizzes will be posted through Sunday at 11:59 p.m. for the respective week.

**Assignments:**

The 7 assignments are intended to align with material covered in the lessons. The instructions for each lesson's assignment are located within that lesson. More information about assignments such as guidelines for success, rubrics, and the late policy is all located in this Course Information module.

**Final Project:**

In the second half of the course, you will be working on a final project, which is a creative proposal or business plan for a health and wellness coaching program in your dream organization. More information about the final project can be found in this Course Information module.

**Grading**

**Total possible points: 555 points.**

Item	Points Each	Total Max Points
Journal Entry Discussions (11)	10	110
Quizzes (10)	10	100
Assignments (7)	35	245
Final Project Milestones (3)	20	60
Final Project (1)	40	40

**Grading Scale:**

- A 495-555 pts
- B 440-494 pts
- C 385-439 pts
- D 330-384 pts
- F Below 330 pts