

# Syllabus for HWM485

## Health Coaching for Wellness Managers

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**NOTE:** This syllabus document contains the basic information of this course. The most current syllabus is available in the full course.

### 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 Understand and Affecting Health Behavior Change

### Course Outcomes

Upon completing this course, you will be able to do the following:

- 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 Requirements/Components

#### Assignments

You have weekly assignments for this course. These assignments vary in format and are made up of discussion posts, activities, essay response and projects. The reading material and resources to support these assignments are provided. The articles are linked within the lessons where they are assigned.

The 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.

## Videos

In many lessons, there are videos that correspond to topic and assignment. There are video interviews that instruct on coaching concepts, informational YouTube videos, and TED talks. Be sure to check a lesson's Videos or Video page to see what is playing.

## Grading

The following grading scale will be used to evaluate all course requirements and to determine your final grade:

Assignment	Points
Lesson 1 Discussion: Personal Statement	50
Lesson 2 Assignment: Let's Define Coaching	50
Lesson 2 Assignment: Coaching Comparison Chart	50
Lesson 3 Assignment: Apply the GROW Model of Coaching	100
Lesson 4 Assignment: Project 1 Create an organization that will house a Comprehensive Employee Health & Wellness Program	50
Lesson 4 Assignment: PowerPoint slide deck	50
Lesson 5 Discussion: Myths of Behavior Change	50
Lesson 6 Assignment - Motivational Interviewing	50
Lesson 7 Assignment: Coaching Sal	100
Lesson 8 Discussion: Holistically Empowering Change	50
Lesson 9 Assignment: Project 2 Skills and Techniques for Success - Chart	50
Lesson 9 Assignment: Project 2 Skills and Techniques for Success - Scenario	100
Lesson 10 Assignment: Coaching Practices	50
Lesson 10 Assignment: Illustration	50
Lesson 11 Assignment: Project 3 Qualifications Coaches Need for Success	50
Lesson 12 Assignment: Project 4 Qualifications Coaches Need for Success	50
Lesson 13 Assignment: Project 5 Assessing Value and Return on Investment	50
Lesson 14 Assignment: Project 6 Identifying Assessment Tools - Slide deck	50
Lesson 14 Assignment: Project 6 Identifying Assessment Tools - Illustration	50
Lesson 15 Discussion: Reflection Statement	100

Grading Scale:

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F 59% and lower