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PHED 163 - Health Coaching (2 unit)  
**Section: 49931 Tue / Thu : 12:00 - 12:50 pm / VKC 107**  
**Office Hours: By appointment**

**Phone: (213) 740-2488**

**Office: PED 107**

**\* First class will be held on PED 210**

**Instructor: Andre Haralyi, MA**  
**Email: [haralyi@usc.edu](mailto:haralyi@usc.edu)**

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### **COURSE DESCRIPTION:**

This course is designed to provide knowledge and practical skills necessary to promote healthy lifestyle change and help others achieve their health and wellness goals. Topics include effective communication strategies, fitness assessments and screening, weight management concepts, basic nutrition, goal setting and behavioral change, exercise program design, legal and ethical responsibilities of the health coach.

### **Course Objectives:**

Upon successful completion of the course, students will be able to:

- Apply effective communication strategies for health coaching, including building rapport and connecting with clients.
- Explain basic nutritional and physiological principles and apply them when implementing behavior-change and weight-management programs with clients.
- Gather important behavioral, health, and lifestyle assessment data from clients.
- Apply various methods for developing and implementing healthy eating strategies and exercise plans based on client assessment data.
- Demonstrate effective approaches for modifying behavior-change programs based on client needs and for promoting program adherence.
- Recognize the role of the coach as it relates to legal and ethical issues and professional responsibility.
- Be appropriately prepared for a National Health Coaching Certification Exam.

### **Physical Education Program Objectives:**

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

- Define the various health components of fitness.
- Recognize the physical and mental benefits of increased activity.

**Students will be exposed to a variety of activities providing them the opportunity to:**

- Applied learned fundamental skills.
- Utilize physical activity as a tool to manage stress.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

- Understand and utilize various training methods.
- Assess individual level of fitness components.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

**Required Text:** Bryant, Cedric X., Daniel J. Green, and Sabrena Merrill, ACE Health Coach Manual, American Council on Exercise. 2013.

**A Study Guide:** Green, Daniel. The Manual, American Council on Exercise, 2013.

**USC BLACKBOARD™:** <https://blackboard.usc.edu>

In addition to the course reader, Blackboard is where class information and addition resources will be posted.

### **PARTICIPATION:**

Regular participation is required and is a large component of your final grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice – this is especially true of 50-minute class sections. If you are late or leave early, you will only receive partial credit for attending the class. You will be expected to attend the section for which you are enrolled.

\*Extra credit work and make-up work are not available. Midterm and Final make-ups are only available in emergency situations, yet note, that the exam grade will drop a letter grade from exam's score. It is your responsibility to attend class consistently and fulfill the requirements of this course.

**Absence Rule: After every 3 unexcused absence your grade will drop one letter grade.**

### **DESCRIPTION OF ASSIGNMENTS & GRADING:**

Assignment / Exam	Points	% of Grade	Point/grade-base cutoffs	
Quiz 1 & 2	20 points	10%	<b>A</b>	180 - 200
Master the Manual	20 points	10%	<b>B</b>	160 - 179
Midterm	50 points	25%	<b>C</b>	140 - 159
Final Exam	50 points	25%	<b>D</b>	120 - 139
Participation	60 points	30%	<b>F</b>	below 120
<b>Total Points</b>	<b>200 points</b>	<b>100%</b>		

### **COURSE REQUIREMENTS:**

1. Attend Class Daily (arrive on time)
2. Complete all EXAMS
3. Complete all Assignments, Assessments/Exercises

### **GENERAL CLASS POLICIES:**

1. Prior reading of assigned material will be helpful.
2. Please refer to Blackboard before class for additional information.
3. It is expected that all students will participate fully in each workout session. Failure to do so will reduce participation points.
4. Wear appropriate clothing for the activity days.
5. If you have any injuries, illnesses, pregnant, or special concerns that I should know about PLEASE let me know. I will keep your information STRICTLY confidential!
6. No make-up exams.
7. No late work will be accepted!

## **ACADEMIC ACCOMODATIONS:**

Students requesting academic accommodations based on disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday – Friday, 8:30am – 5:00pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

## **STATEMENT ON ACADEMIC CONDUCT AND SUPPORT SYSTEMS**

### **ACADEMIC CONDUCT:**

Plagiarism – presenting someone else's ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards* <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/departement/departement-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage [sarc@usc.edu](http://sarc@usc.edu) describes reporting options and other resources.

### **SUPPORT SYSTEMS:**

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* [http://sait.usc.edu/academicsupport/centerprograms/dsp/home\\_index.html](http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html) provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

**\*Please note this is a tentative outline and may be subject to change.  
Any changes will be announced in class and/or via email.**

PHED 163 - Health Coaching - Course Outline			
Week	Course Topics	Health Coach Manual	Master the Manual
<b>Week 1</b>	<b>Chapter 1</b>		
08/22	Welcome to Health Coaching		
08/24	Introduction to Health Coaching, Ch. 1	1–19	2–5
<b>Week 2</b>	<b>Chapter 3 &amp; 4</b>		
08/29	Health Behavior Sciences, Ch 3	49– 7 8	10–14
08/31	Building Rapport, Ch 4	83– 95	16–18
<b>Week 3</b>	<b>Chapter 4 &amp; 5</b>		
09/05	Building Rapport, Ch 4	83– 95	16–18
09/07	Connection Through Communication, Ch 5	9 7– 117	20–23
<b>NOTICE</b>	<b>Last day to change grading option (letter grade, P/NP, audit)</b>		
<b>Week 4</b>	<b>Chapter 6</b>		
09/12	Basic Nutrition & Digestion	121 –158	24–28
09/14	Basic Nutrition & Digestion	121 –158	24–28
<b>Week 5</b>	<b>Chapter 7</b>		
09/19	Application of Nutrition- Dietary Guidelines	160 –175	30–35
09/21	Application of Nutrition Pre-During-Post Exercise	176 - 199	30–35
<b>Quiz 1</b>	<b>Online quiz through blackboard</b>		
<b>Week 6</b>	<b>Chapter 8</b>		
09/26	The physiology of Obesity	221 - 224	36 - 40
09/28	The physiology of Obesity	221 - 224	36 - 40
<b>Week 7</b>	<b>Chapter 9</b>		
10/03	Current Concepts in Weight Management	227 –253	42–46
10/05	Current Concepts in Weight Management	227 –253	42–46
<b>Week 8</b>	<b>MIDTERM REVIEW</b>		
10/10	<b>MIDTERM REVIEW</b>		
10/12	<b>MIDTERM REVIEW</b>		
<b>TEST</b>	<b>MIDTERM (Chapters 1, 3 - 9) - through Blackboard</b>		

Week 9	Chapter 10 & 11		
10/17	Initial Interview & Client Screening, Ch. 10	257- 288	48-52
10/19	Body-composition Assessment & Evaluation Ch. 11	291- 313	54-58
NOTICE		Last day to drop without a W and to switch a P/NP status to letter grade	
Week 10	Chapter 12		
10/24	Physical-fitness Assessments	315-356	60-65
10/26	Physical-fitness Assessments		
Week 11	Chapter 13 & 14		
10/31	A Realistic Approach to Goal-setting, Ch. 13	361-382	66-68
11/02	Lifestyle Modification & Behavioral Change , Ch.14	385-408	70-74
Quiz 2	Online quiz through blackboard		
Week 12	Chapter 16		
11/07	Exercise Program Considerations & Guidelines	441-467	80-84
11/09	Exercise Program Considerations & Guidelines		
Week 13	Chapter 17		
11/14	Exercise Program Design	469-531	86-90
11/16	Exercise Program Design	469-531	86-90
NOTICE		Last day to drop a class with a W on permanent record	
Week 14	Chapter 18		
11/21	Helping Clients to Establish Self-Reliance	533 - 551	92 - 94
11/23	HOLIDAY	Thanks giving	
Week 15	FINAL EXAM REVIEW		
11/28	FINAL EXAM REVIEW		
11/30	FINAL EXAM REVIEW		
TEST	MIDTERM (Chapters 1, 3 - 9) - through Blackboard		