

**PHED 163 - Health Coaching (2 unit)**

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**Section: Tuesday, Thursday: 2:00 - 2:50 pm      GFS 107**

**Office Hours: By appointment**

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

**Office: PED 107**

**Instructor: Andre Haralyi, MA**

**Email: 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 Books:**

1. **Book:** Bryant, Cedric X., Daniel J. Green, and Sabrena Merrill, **ACE Health Coach Manual**, American Council on Exercise. 2013.
2. **Exercise Book:** Green, Daniel. **ACE Health Coach Master The Manual**, American Council on Exercise, 2013.

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

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

**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.

**DESCRIPTION OF ASSIGNMENTS & GRADING:**

Assignments	Points	% of Grade	Point/grade-base cutoffs						
			Grade	Symbol	Percentage	Points	Symbol	Percentage	Points
Quiz 1 & 2	20	10%	A	>	94%	188			
Master the Manual	20	10%	A-	>	90%	180	<	93.99%	188
Midterm	50	25%	B+	>	87%	174	<	89.99%	180
Final Exam	50	25%	B	>	84%	168	<	86.99%	174
Participation	60	30%	B-	>	80%	160	<	83.99%	168
<b>Total Points</b>	<b>200</b>	<b>100%</b>	<b>C+</b>	<b>&gt;</b>	<b>77%</b>	<b>154</b>	<b>&lt;</b>	<b>79.99%</b>	<b>160</b>
			<b>C</b>	<b>&gt;</b>	<b>74%</b>	<b>148</b>	<b>&lt;</b>	<b>76.99%</b>	<b>154</b>
			<b>C-</b>	<b>&gt;</b>	<b>70%</b>	<b>140</b>	<b>&lt;</b>	<b>73.99%</b>	<b>148</b>
			<b>D+</b>	<b>&gt;</b>	<b>67%</b>	<b>134</b>	<b>&lt;</b>	<b>69.99%</b>	<b>140</b>
			<b>D</b>	<b>&gt;</b>	<b>64%</b>	<b>128</b>	<b>&lt;</b>	<b>66.99%</b>	<b>134</b>
			<b>D-</b>	<b>&gt;</b>	<b>60%</b>	<b>120</b>	<b>&lt;</b>	<b>63.99%</b>	<b>128</b>
			<b>F</b>				<b>&lt;</b>	<b>59.99%</b>	<b>120</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 Part B, Section 11, “Behavior Violating University Standards” [policy.usc.edu/scampus-part-b](http://policy.usc.edu/scampus-part-b). 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>.

#### **Support Systems:**

*Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call*

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. [engemannshc.usc.edu/counseling](http://engemannshc.usc.edu/counseling)

*National Suicide Prevention Lifeline – 1 (800) 273-8255*

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

*Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call*

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. [engemannshc.usc.edu/rsvp](http://engemannshc.usc.edu/rsvp)

*Sexual Assault Resource Center*

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: [sarc.usc.edu](http://sarc.usc.edu)

*Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086*

Works with faculty, staff, visitors, applicants, and students around issues of protected class. [equity.usc.edu](http://equity.usc.edu)

*Bias Assessment Response and Support*

Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. [studentaffairs.usc.edu/bias-assessment-response-support](http://studentaffairs.usc.edu/bias-assessment-response-support)

*The Office of Disability Services and Programs*

Provides certification for students with disabilities and helps arrange relevant accommodations. [dsp.usc.edu](http://dsp.usc.edu)

*Student Support and Advocacy – (213) 821-4710*

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. [studentaffairs.usc.edu/ssa](http://studentaffairs.usc.edu/ssa)

*Diversity at USC*

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. [diversity.usc.edu](http://diversity.usc.edu)

*USC Emergency Information*

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. [emergency.usc.edu](http://emergency.usc.edu)

*USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.*

Provides overall safety to USC community. [dps.usc.edu](http://dps.usc.edu)

**SPRING SEMESTER 2018 - 73 INSTRUCTIONAL DAYS**

Open Registration	Thu-Fri	January 4-5
Classes Begin	Mon	January 8
Martin Luther King’s Birthday	Mon	January 15
President’s Day	Mon	February 19
Spring Recess	Sun-Sun	March 11-18
Classes End	Fri	April 27
Study Days	Sat-Tue	April 28-May 1
Exams	Wed-Wed	May 2-9
Commencement	Fri	May 11

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

<b>Yoga 120 A - Course Outline</b>			
<b>Topic</b>		<b>Health Coach Manual</b>	<b>Master the Manual</b>
<b>Week 1 - JAN 8 to 12</b>			
Lecture	Welcome to Health Coaching		
Lecture	Introduction to Health Coaching, Ch. 1	1–19	2–5
<b>Week 2 - JAN 15 to 19</b>			
Lecture	Health Behavior Sciences, Ch. 3	49– 7 8	10–14
Lecture	Building Rapport, Ch. 4	83– 95	16–18
<b>Week 3 - JAN 22 to 26</b>			
Lecture	Connection Through Communication, Ch. 5	9 7– 117	20–23
Practice	Practice		
<b>Week 4 - JAN 29 to FEB 2</b>			
Lecture	Basic Nutrition & Digestion Ch. 6	121 –158	24–28
Lecture	Basic Nutrition & Digestion Ch. 6	121 –158	24–28
<b>Week 5 - FEB 5 to 9</b>			
Lecture	Application of Nutrition: Dietary Guidelines Ch. 7	160 –175	30–35
Lecture	Application of Nutrition: Pre-During-Post Exercise Ch. 7	176 - 199	30–35
<b>Week 6 - FEB 12 to 16</b>			
Lecture	The Physiology of Obesity Ch. 8	221 - 224	36 - 40
Practice	Practice		
<b>Week 7 - FEB 19 to 23</b>			
Lecture	Current Concepts in Weight Management Ch. 9	227 –253	42–46
Lecture	Current Concepts in Weight Management Ch. 9	227 –253	42–46
<b>Week 8 - FEB 26 to MAR 2</b>			
<b>QUIZ 1</b>	<b>Quiz 1 - In class</b>		
<b>REVIEW</b>	<b>MIDTERM REVIEW</b>		
<b>MIDTERM</b>	<b>MIDTERM (Ch. 1, 3 - 9) - Through Blackboard</b>		50 points
<b>Week 9 - MAR 5 to 9</b>			
Lecture	Initial Interview & Client Screening Ch. 10	257- 288	48-52
Lecture	Body-composition Assessment & Evaluation Ch. 11	291- 313	54-58

<b>MAR 12 to 16</b>			
<b>NO CLASS</b>	Spring Recess March 11 - 18		
<b>Week 10 - MAR 19 to 23</b>			
Lecture	Physical-fitness Assessments Ch. 12	315-356	60-65
Lecture	Physical-fitness Assessments Ch. 12	315-356	60-65
<b>Week 11 - MAR 26 to 30</b>			
Lecture	A Realistic Approach to Goal-setting Ch. 13	361-382	66-68
Lecture	Lifestyle Modification & Behavioral Change Ch.14	385-408	70-74
<b>Week 12 - APR 2 to 6</b>			
Lecture	Exercise Program Considerations & Guidelines Ch. 16	441-467	80-84
Lecture	Exercise Program Considerations & Guidelines Ch. 16	441-467	80-84
<b>Week 13 - APR 9 to 13</b>			
Lecture	Exercise Program Design Ch. 17	469-531	86-90
Lecture	Exercise Program Design Ch. 17	469-531	86-90
<b>Week 14 - APR 16 to 20</b>			
Lecture	Helping Clients Establish Self-reliance Ch. 18	533 - 551	92 -94
Lecture	Helping Clients Establish Self-reliance Ch. 18	533 - 551	92 -94
<b>Week 15- APR 23 to 27</b>			
<b>QUIZ 2</b>	<b>Quiz 2 - In class</b>		
<b>REVIEW</b>	<b>FINAL EXAM REVIEW</b>		
<b>Week 16 - APR 30 to MAY 4</b>			
<b>TEST</b>	<b>FINAL EXAM (Ch. 10 - 14 &amp; 16 - 18) - Through Blackboard</b>	50 points	