

PHED 163 - Health Coaching (3 units)**Section: 49930 - Monday, Wednesday, Friday: 12:00 - 12:50 pm GFS 213****Office: PED 107****Office Hours: By appointment****Phone: 213-740-6153****Email: sarahhay@usc.edu****Instructor: Sarah Hayes McGill, C.S.C.S**

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:** Jessica A. Matthews, Cedric X. Bryant, James S. Skinner, Daniel J. Green, **ACE The Professional's Guide to Health and Wellness Coaching**, American Council on Exercise, 2019.
2. **Exercise Book:** Green, Daniel. **ACE The Professional's Guide to Health and Wellness Coaching STUDY COMPANION**, American Council on Exercise, 2019.

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. 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. Make-ups are only allowed for emergency situations and then only upon approval from instructor. Make-up absences may only take place in sections of the same class with the same instructor. *You are not permitted to make-up absences in another instructor's section.* ***Extra credit work and make-up work are not available unless noted by instructor. Midterm and Final make-ups are only available in emergency situations.** *It is your responsibility to attend class consistently and fulfill the requirements of this course.*

Assignment / Exam	Points	% of Grade	Point/grade-base cutoffs	
Exercise Book	10	5.00%	A	180 - 200
Portfolio	10	5.00%	B	160 - 179
Quiz 1	20	10.00%	C	140 - 159
Quiz 2	20	10.00%	D	120 - 139
Participation	30	15.00%	F	below 120
Midterm Exam	50	25.00%		
Final Exam	50	25.00%		
Total Points	200	100%		

DESCRIPTION OF ASSIGNMENTS & GRADING:

Plus and minus grades will be issued accordingly for each letter grade based on grade percentage.

COURSE REQUIREMENTS:

1. Attend Class Daily
2. Participate in Class Workouts
3. Complete Assignments
4. Complete Midterm
5. Take Final Exam

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!

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the exception that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. *SCampus*, the Student Guidebook, (www.usc.edu/scampus or <http://scampus.usc.edu>) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Students requesting **academic accommodations** based on a disability are required to register with Disability Service 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, 8:30 am - 5:00 pm. 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. 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

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

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

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

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

Bias Assessment Response and Support

Incidents of bias, hate crimes and micro aggressions need to be reported allowing for appropriate investigation and response. 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

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

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

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

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

PHED 163 - Health Coaching - Course Outline		
Week 1 –		Chapter 1
Lecture	Introduction; Syllabus Review; Class activity	
	Introduction to Health Coaching, Ch 1	1-19
Week 2 –		Chapter 2
Lecture	A Team Approach to Health Coach, Ch 2	21 - 46
Week 3 –		Chapter 3
Lecture	Health Behavior Sciences, Ch 3	49 - 78
Quiz 1	Online Quiz through Blackboard (Ch 1 – 3) – Friday	20 Points
Week 4 –		Chapter 4 & 5
Lecture	Building Rapport, Ch 4	83 - 95
	Connection Through Communication, Ch 5	97 - 117
Week 5 –		Chapter 6
Lecture	Basic Nutrition & Digestion, Ch 6	121 - 158
Week 6 –		Chapter 7
Lecture	Application of Nutrition: Dietary Guidelines, Ch 7	160 - 175
	Nutrition Label - bring to class on Monday	
Week 7 –		Chapter 8 & 9
Lecture	The Physiology of Obesity, Ch 8	201 - 224
	Current Concepts in Weight Management, Ch 9	227 - 253
EXAM	MIDTERM through Blackboard (Ch 4 – 9) – Friday	50 Points
Week 8 –		Chapter 10
Lecture	Initial Interview and Client Screening, Ch 10	257 - 288
Week 9 –		Chapter 11
Lecture	Body-composition Assessment & Evaluation Ch 11	291 - 313
	Activity – body-composition & evaluation	
Week 10 –		Chapter 12
Lecture	Physical-Fitness Assessments, Ch 12	315 - 356
	Activity – physical-fitness assessments	
Quiz 2	Online Quiz through Blackboard (Ch 10 – 12) – Friday	20 Points

Week 11 – Nov 4 – 8		Chapter 13 & 14
Lecture	A Realistic Approach to Goal-setting, Ch 13	361 - 382
	Lifestyle Modification & Behavioral Change, Ch 14	385 - 408
Week 12 –		Chapter 15 & 16
Lecture	Nutritional Programming, Ch 15	411 - 438
	Exercise Program Considerations & Guidelines, Ch 16	441 - 467
Week 13 –		Chapter 17
Lecture	Exercise Program Design, Ch 17	469 - 531
Week 14 –		Chapter 16 & 17
Activity	Activity - PNF stretching, foam rolling, core activation ex.	
Week 15 –		Chapter 17
Lecture	Helping Clients Establish Self-Reliance, Ch 18	533 - 551
Presentations	Case Studies: From Theory to Practic, Ch 19	553 - 575
Week 16 –		Final Exam Week
EXAM	FINAL EXAM through Blackboard (Ch 13 – 19) – Friday	50 Points

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