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**Instructor: Sarah Hayes McGill, C.S.C.S**

**Email:** sarahhay@usc.edu

**Office Hours:** PED 107 / **Zoom meetings – by appointment**

**Phone:** 213-740-6153

**Class: ONLINE – ZOOM**

**Fall 2020:** Monday, Wednesday, Friday: 10:00am – 10:50am

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**HEALTH COACHING (3 units) – PHED 163 – SECTION 49929**

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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 Learning 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>

Class information, modules, assignments, grades and additional resources will be posted on Blackboard.

**Zoom:** <https://usc.zoom.us/>

All classes will meet online via Zoom, in which you can access through Blackboard, USC Zoom Pro Meeting.

**Zoom Etiquette:** “Netiquette” or “internet etiquette” describes the recommended behavior of online communication. Synchronous sessions of class will be recorded. Students are asked to keep their video unmute for class in order to engage in various activities.

**COURSE REQUIREMENTS:**

1. Attend Every Synchronous Class **Online (Zoom)**
2. Participate in Class Discussions and Activities
3. Complete Assignments and Study Companion for each Chapter
4. Complete Quiz 1 and Quiz 2
5. Complete Midterm Exam and 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 class discussion. Failure to do so will reduce participation points.
4. If you have any injuries, illnesses, or special concerns that I should know about that would limit your involvement in the course in any way, please let me know. I will keep your information STRICTLY confidential!
5. No make-up exams.

**DESCRIPTION OF GRADING & ASSIGNMENTS:**

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

Assignment / Exam	Points	% of Grade	Point/grade-base cutoffs	
Study Companion	10	5.00%	<b>A</b>	180 - 200
Portfolio (3 Assignments: 1@2pts, 1@3pts, 1@5pts)	10	5.00%	<b>B</b>	160 - 179
Quiz 1	20	10.00%	<b>C</b>	140 - 159
Quiz 2	20	10.00%	<b>D</b>	120 - 139
In-Class Work & Participation	30	15.00%	<b>F</b>	below 120
Group Presentation – Nutrition	10	5.00%	<b>Total Points</b>	
Midterm Exam	50	25.00%		
Final Exam	50	25.00%	<b>200</b>	<b>100%</b>

*\*Extra credit work and make-up work are **not available, unless noted by instructor.** It is your responsibility to attend class consistently, check assignments and grades on Blackboard and fulfill the requirements of this course.*

**PARTICIPATION: (30 points / 15% of final grade)**

Regular **online** participation is required to obtain and integrate course material 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 ½ credit for attending the class. During class, you are required to **join with video on** and keep your microphone muted. You will be expected to actively participate in lecture by speaking, using chat text, and/or responding to poll questions, so be prepared to engage in your learning. Those with special circumstances and prior approval from instructor who are unable to participate in the live class setting will be required to complete an alternative assignment asynchronously within 24 hours of class in order to obtain participation points.

*\*Some classes will meet asynchronously (on your own time schedule); these class directions will be posted on Bb.*

**STUDY COMPANION: (10 points / 5% of final grade)**

Complete each chapter in the study companion. Then, take a picture of the completed pages and upload onto Blackboard under assignments for each chapter.

**PORTFOLIO of ASSIGNMENTS: (10 points / 5% of final grade)**

SMART goals 2 pts (wk. 1); Chapter 5 Questionnaire 5 pts (wk. 3) Nutrition Label 3 pts (wk. 6). All assignments will be discussed during class time and details posted on Blackboard. Points for each assignment are earned through thorough completion of the assignment and timeliness of submission. All assignments must be submitted on Blackboard, via Assignments. Late assignments will receive ½ credit.

**GROUP PRESENTATION: (10 points / 5% of final grade)**

Assigned groups will present an assigned type of nutritional diet to the class. More details discussed Week 6, when discussing Chapter 8, Nutrition for Health and Well-being.

**QUIZZES & EXAMS:**

Quizzes: 20 points (10% of final grade); 20 questions, composed of multiple choice and true/false.  
Exams: 50 points (25% of final grade); 50 questions, composed of multiple choice and true/false.

*\*The absence from an exam will result in the lowering of the student's grade, by one letter grade, on the makeup exam.  
\*Make-ups are only allowed for emergencies and then only upon approval from instructor.*

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**Sharing of course materials outside of the learning environment:**

USC has a policy that prohibits sharing of any synchronous and asynchronous course content outside of the learning environment.

*SCcampus Section 11.12(B)*

*Distribution or use of notes or recordings bases on university classes or lectures without the express permission of instructor for purposes other than individual or group study is a violation of the USC Student Conduct Code. This includes, but is not limited to, providing materials for distribution by services publishing class notes. This restriction on unauthorized use also applies to all information, which had been distributed to students or in any way had been displayed for use in relationship to the class, whether obtained in class, via email, on the internet or ia any other media. (See Section C.1 Class Notes Policy)*

**USC Technology Rental Program**

We realize that attending classes online and completing coursework remotely requires access to technology that not all students possess. If you need resources to successfully participate in your classes, such as a laptop or internet hotspot, you may be eligible for the university's equipment rental program. To apply, please submit an application. The Student Basic Needs team will contact all applicant in early August and distribute equipment to eligible applicants prior to the start of the fall semester. <https://studentbasicneeds.usc.edu>

**USC Software downloads:** <https://software.usc.edu>

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<b>PHED 163 – Health Coaching – Course Outline</b>		
<b>Week 1 – Jan 18 – 22</b>		<b>Chapter 1 &amp; 2</b>
<b>Monday – January 18 – NO Class – Martin Luther King Day</b>		
Lecture	Intro: Syllabus Review; Chapter 1 – Role & Scope of the Health Coach	Pages: 1 – 23
	Chapter 2 – Core Components of Coaching	24 – 43
<b>Week 2 – Jan 25 – 29</b>		<b>Chapter 3</b>
Lecture	Chapter 3 – Behavior-change Models and Theories	44 – 69
	<b>Quiz 1 REVIEW</b> – Chapters 1–3	
<b>QUIZ 1</b>	<b>QUIZ 1 – Blackboard (Ch 1 – 3) – Friday</b>	<b>20 Points</b>
<b>Week 3 – Feb 1 – 5</b>		<b>Chapter 4 &amp; 5</b>
Lecture	Chapter 4 – Skills and Methods for Supporting Lifestyle Change	70 – 93
	Chapter 5 – Considerations for the Initial Session (Questionnaire)	94 – 117
<b>Week 4 – Feb 8 – 12</b>		<b>Chapter 6</b>
Lecture	Chapter 6 – The Art of Coaching	118 – 141
	<b>Quiz 2 REVIEW</b> – Chapters 4–6	
<b>QUIZ 2</b>	<b>QUIZ 2 – Blackboard (Ch 4 – 6) – Friday</b>	<b>20 Points</b>
<b>Week 5 – Feb 15 – 19</b>		<b>Chapter 7</b>
<b>Monday – February 15 – NO Class – President's Day</b>		
Lecture	Chapter 7 – A Mindful Approach to Stress Management	142 – 165
<b>Week 6 – Feb 22 – 26</b>		<b>Chapter 8</b>
Lecture	Chapter 8 – Nutrition for Health and Well-being	166 – 204
	<b>Wednesday: Assignment - Nutrition Label / Friday: Group Assignment</b>	<b>Develop Presentation</b>
<b>Week 7 – Mar 1 – 5</b>		<b>Chapter 8</b>
Lecture	<b>Group Presentations: Popular Diets &amp; Associated Risk Factors</b>	<b>In Class</b>
	Chapter 8 – Nutrition Review	
<b>Week 8 – Mar 8 – 12</b>		<b>Chapter 9</b>
Lecture	Chapter 9 – The Power of Physical Activity	206 – 249
<b>Week 9 – Mar 15 – 19</b>		<b>Chapter 10</b>
Lecture	Chapter 10 – Understanding Other Lifestyle Factors: Sleep & Substance Use	250 – 280
	<b>Midterm Exam REVIEW</b> – Chapters 7–10	
<b>EXAM 1</b>	<b>MIDTERM EXAM – Blackboard (Ch 7–10) – Friday</b>	<b>50 Points</b>

<b>Week 10 – Mar 22 – 26</b>			<b>Chapter 11</b>
Lecture	Chapter 11 – Obesity	282 – 311	
<b>Week 11 – Mar 29 – Apr 2</b>			<b>Chapter 12 &amp; 13</b>
Lecture	Chapters 12 – Cardiovascular Disease	312 – 340	
	Chapters 13 – Hypertension	342 – 360	
<b>Week 12 – Apr 5 – 9</b>			<b>Chapter 14</b>
Lecture	Chapter 14 – Diabetes	362 – 389	
<b>Week 13 – Apr 12 – 16</b>			<b>Chapter 15</b>
Lecture	Chapter 15 – Depression and Anxiety	390 – 413	
<b>Week 14 – Apr 19 – 23</b>			<b>Chapter 16</b>
Lecture	Chapter 16 – Additional Diseases, Conditions, and Considerations	414 – 437	
<b>Week 15 – Apr 26 – 30</b>			<b>Review</b>
Lecture	<b>Final Exam REVIEW</b> – Chapters 11–16		
<b>EXAM 2</b>	<b>FINAL EXAM – Blackboard (Ch 11–16) – TBD (Finals Week)</b>		<b>50 Points</b>

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

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. S Campus, the Student Guidebook, ([www.usc.edu/scampus](http://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](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 micro aggressions 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)