



Dates: 3/15 - 5/7

Credit Hours: 3

Format: Online; live webinars held on Thursdays from 5:00-7:00pm PDT

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

INSTRUCTOR INFORMATION



Dr. Jessica Matthews, DBH, NBC-HWC

Phone: 619.849.3003

Email: jmatthew@pointloma.edu

Appointments: [Schedule online](#)

COURSE DESCRIPTION

In this course, students will apply evidence-based behavior change strategies and effective communication techniques to facilitate client-centered coaching interventions. Emphasis will be placed on the development and refinement of practical coaching skills to empower clients to make meaningful and sustainable lifestyle changes. This course will also survey the current landscape and future opportunities within the evolving field of health coaching to prepare students for work in a variety of settings.

INSTITUTIONAL LEARNING OUTCOMES (ILO)

- 1. Learning, Informed by our Faith in Christ**
Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.
- 2. Growing, In a Christ-Centered Faith Community**
Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.
- 3. Serving, In a Context of Christian Faith**
Students will serve locally and/or globally in vocational and social settings.

PROGRAM LEARNING OUTCOMES (PLO)

The Point Loma Nazarene University MS-KIN graduate will be able to:

1. Appraise current research data and integrate it into professional practice to solve relevant problems and make effective decisions.
2. Work independently and with a team to persuasively communicate essential information in their discipline.
3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.
4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

COURSE LEARNING OUTCOMES (CLO)

After completing this course students will be able to:

1. Explain the role and scope of practice of health and wellness coaches.
2. Examine effective strategies for establishing a positive and productive client-coach relationship.
3. Apply evidence-based coaching practices to facilitate behavior change.
4. Evaluate various delivery methods for health and wellness coaching.
5. Collaborate with multidisciplinary professionals to provide a people-centered approach to care.

CREDIT HOUR INFORMATION

It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their course work. As a graduate course, students can expect the work in this class to be significant, and students should plan on spending about 14 hours per week engaged in the course. The estimated time expectations for this course are shown below:

Course Assignments	Course Hours
Discussion forums	18
Major assignments	12
Reading and webinars	37
Learning activities	35
Assessments	10.5
Total Course Hours	112.5

REQUIRED TEXT & RECOMMENDED RESOURCES

Required Text

- Moore, M., Tschannen-Moran, B., & Jackson, E. (2016). *Coaching psychology manual* (2nd ed). Philadelphia, PA: Wolters Kluwer. ISBN-13: 978-1451195262

Recommended Resources

- Arloski, M. (2014). *Wellness coaching for lasting lifestyle change* (2nd ed.). Duluth, MN: Whole Person Associates, Inc. ISBN-13: 978-1570253218
- Gavin, J., & Mcbreathy, M. (2019). *Lifestyle wellness coaching* (3rd ed.). Champaign, IL: Human Kinetics. ISBN-13: 978-1492559634

- Jordan, M. (2013). *How to be a health coach: An integrative wellness approach*. San Rafael, CA: Global Medicine Enterprises, Inc. ISBN-13: 978-1463627799
- Matthews, J.A., Bryant, C.X., Skinner, J.S., & Green, D.J. (Eds.). (2019). *The professional's guide to health and wellness coaching*. San Diego: American Council on Exercise. ISBN-13: 978-1-890720-71-1

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

ASSESSMENT AND GRADING

Grading Points

Course Assignment	Points
Icebreaker Activity	5 pts.
Personal Coaching Experience	15 pts.
Discussion Posts (5 @ 20 pts each)	100 pts.
Webinar Participation (8 @ 5pts. each)	40 pts.
Client Profile	10 pts.
Scavenger Hunt	15 pts.
Collaborative Learning Activity	25 pts.
Formative Assessments (2 @ 40 pts each)	80 pts.
Peer Evaluations (3 @ 25 pts each)	75 pts.
Learning Activities (5 @ 15pts each)	75 pts.
Professional Interview	50 pts.
Final Coaching Assessment (Video)	160 pts.
Final Exam	80 pts.
Coach-to-Coach Feedback (2 @ 25pts each)	50 pts.
Total Points	780 pts.

Grade Scale (Percentage)

Standard Grade Scale Based on Percentage of Points Earned				
A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F ≤ 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

Students must complete the required program hours in the major (program) from Point Loma Nazarene University with a minimum grade of “C” in each course and an overall 2.00 grade point average.

Grading System

Traditional letter grades (A, B, C, D, F) including plus and minus grades are used to indicate the level of scholarship earned for each course. Except for the correction of an error, all traditional letter grades are final at the conclusion of the academic term. Once the degree has been posted on the student’s official transcript, no change of grade action is allowed for courses leading to the degree. The grade of C is the lowest grade acceptable for graduate credit.

ACADEMIC STANDING

Graduate students at Point Loma must obtain a 3.0 GPA to remain in good academic standing in the MS Kinesiology program:

Additionally, all graduate students need to earn a C or higher in all graduate courses according to the [catalog grading policy](#).

LEARNING MODULES

Module 1	Current state of health and wellness coaching
Module 2	Core components of coaching
Module 3	Evidence-based coaching practices
Module 4	Considerations for conducting coaching sessions
Module 5	Developing, evaluating and adapting behavior change plans
Module 6	An integrative approach to health coaching
Module 7	Delivery methods and business considerations for health and wellness coaches
Module 8	Professional development and career opportunities

DISCUSSION EXPECTATIONS

Class participation and professionalism are expected in this course. It is your responsibility to access Canvas regularly and to participate in class discussions, as your interaction with the course content, the instructor, your colleagues, and the learning process directly influences your levels of success in the course. To reinforce and expand upon the material covered, for each designated week you will be expected to craft **one (1)** detailed post in response to the discussion board question(s) provided. **Each original discussion board post must be at least 300 words in length, include at least one citation (in APA format), and is due by Friday at 11:59pm.** Following your original post, you will then be asked to craft at least **one (1)** post in response to the work of your colleagues to demonstrate

your understanding and application of the concepts presented, as well as to further the class discussion in a meaningful way. **Your response posts must be at least 200 words in length and must be crafted in a way to offer additional perspective, a new point of view and/or some other type of substantive information to further the discussion and the learning process. Response posts are due by Sunday at 11:59pm.** Please note that late submissions will not be considered for credit.

LATE ASSIGNMENTS

All assignments are to be submitted/turned via Canvas by the end of day (11:59pm PT) on which they are due in order to receive credit.

EMAIL ETIQUETTE

When sending an email to the professor, students are expected to construct well-written, complete correspondence in which the ***student's name and course number are noted in the subject line***. In addition, the body of the email should include an appropriate salutation as well as detailed information regarding the nature of the question or concern. The professor will respond to all emails ***within 48 hours of receipt***.

FINAL EXAMINATION POLICY

Successful completion of this class requires completing an online final assessment during the **scheduled timeframe** during the last week of the course. No requests for early examinations or alternative days will be approved.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. There are resources for your Christian faith journey available at the **[Graduate & Professional Student Spiritual Life web page](#)** .

For Mission Valley students there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the University Catalog. See Academic Policies in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. (**DRC@pointloma.edu** or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students

equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

ATTENDANCE POLICY

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students will also be asked to attend and participate in real-time in **at two of the live webinars** throughout the 8-week course (see Course Schedule). Students who intend to sit for the national board certification **MUST attend and participate in all of the live webinars hosted throughout the 8-week course** in order to meet the specific board certification eligibility requirements as set forth by the National Board for Health & Wellness Coaching (NBHWC).

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements.

INSTRUCTOR FEEDBACK

Assignments will be graded as soon after the due date as possible and grades for the week will be posted to the Canvas gradebook by Wednesday night of the following week. If an immediate response please post to Hallway Conversations.

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the **Technology and System Requirements** page. Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

If you do need technical help, you may click on the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus helpdesk (619.849.2222).

Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. It is the responsibility of the student to confirm access to the essential applications needed for the class such as Excel as well as standard online research tools.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map using the below link to view which states allow online (distance education) outside of California.

State Authorization Map Color Key

For additional information on authorizations, refund policies, adverse actions, and complaint contacts, please click on the color-coded button located on each state.

- **Green:** Distance Education Allowed and Internships Allowed
- **Yellow:** Distance Education Allowed, Internships May Be Allowed
- **Brown:** Distance Education Allowed, Internships Not Allowed
- **Purple:** Distance Education Not Allowed, Internships Allowed
- **Blue:** Distance Education Not Allowed, Internships May Be Allowed
- **Red:** Distance Education and Internships Not Allowed