

**Note:**

**Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.**

## ***COURSE SYLLABUS***

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### **LIFC 301**

#### **HEALTH AND WELLNESS COACHING**

#### **COURSE DESCRIPTION**

An examination and analysis of professional coaching applications that serve health and wellness concerns. The course covers health and wellness from a Christian worldview with special attention given to a biblical foundation of health and wellness coaching.

#### **RATIONALE**

Professional life coaching has wellness as an orientation at its core. Life coaching works to develop the complete person and the physical aspect of a person that plays a role in the overall growth of a person. This aspect of coaching includes educating people on the importance and the benefits of developing a healthy lifestyle. It also includes the development of skills to maintain a well-balanced life. This course works to equip students with the basic foundations of health and wellness coaching from a biblical perspective.

#### **I. PREREQUISITE**

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

#### **II. REQUIRED RESOURCE PURCHASE**

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

#### **III. ADDITIONAL MATERIALS FOR LEARNING**

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Blackboard [recommended browsers](#)
- D. Microsoft Office

#### **IV. MEASURABLE LEARNING OUTCOMES**

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

- A. Explain the physical benefits of a healthy lifestyle.
- B. Identify the key psychological factors of weight management.
- C. Construct a biblical worldview of health and wellness.
- D. Discuss the physical and psychological factors in maintaining a healthy lifestyle.

- E. Develop a wellness strategy for life coaching.
- F. Recognize key differences in men and women's health.
- G. Discuss the effects that stress play on one's physical, spiritual, and emotional life.

## V. COURSE REQUIREMENTS AND ASSIGNMENTS

- A. Textbook readings and lecture notes
- B. Course Requirements Checklist

After reading the Course Syllabus and [Student Expectations](#), the student will complete the related checklist found in Module/Week 1.

- C. Class Introductions

The student will post a personal introduction to the class in an effort to build class community.

- D. Discussion Board Forums (4)

Discussion boards are collaborative learning experiences. Therefore, the student will complete 4 Discussion Board Forums that specifically relate to weekly content. Each forum will be completed in 2 parts: 1) the student will submit a thread in answer to the question provided, and 2) the student will then post replies to at least 2 other classmates' threads.

- E. Vlogs (video blog) (4)

The student will complete 4 discussion board blogs that specifically relate to weekly content. Each vlog will be completed in 2 parts: 1) the student will submit a vlog, and 2) the student will then post a reply to at least 2 other classmates' vlogs.

- F. Exams (2)

The student will complete 2 exams that are cumulative and cover the material presented in the video lectures and lecture notes. Each exam is open-book/open-notes and comprised of 50 multiple-choice and true/false questions. Each exam must be completed in one sitting where you are provided with 1 hour and 30 minutes to complete each exam. Once the exam is opened, it must be completed; it cannot be saved and resumed at a later time.

## VI. COURSE GRADING AND POLICIES

- A. Points

Course Requirements Checklist	10
Discussion Board Forums (4 at 65 pts ea)	260
Vlogs (4 at 60 pts ea)	240
Mid Term Exam	250
Final Exam	250
<b>Total</b>	<b>1010</b>

B. Scale

A = 900–1010 B = 800–899 C = 700–799 D = 600–699 F = 0–599

C. Academic Misconduct

Academic misconduct is strictly prohibited. See The Graduate Catalog for specific definitions, penalties, and processes concerning Honor Code and FN Policies for reporting.

D. Drop/Add Policies

The student is obliged to follow the drop/add policies identified in the graduate catalog.

E. Student Conduct Policy

The student is expected to conduct himself/herself in a godly and civil manner when addressing the instructor or other students. While good healthy discussion will be expected and encouraged, at no time will personal attacks be tolerated.

F. Communications

Students are expected to communicate in a professional manner at all times with classmates, faculty, or LU employees. Because writing is a limited form of communication, it is more easily misinterpreted than face-to-face. Therefore, written communications should be courteous and well thought out to avoid offense. If any offense is perceived, the offender should be alerted first and privately. Reconciliation is the goal, but if it does not happen, the offended may then involve the instructor. Personal messages are not appropriate for posting in Blackboard. The student's Liberty email account will be used for all email communications. Announcements from the instructor or University may be posted in Blackboard.

G. Dual Relationships

The faculty is responsible to interact with counseling students in a supervisory capacity/role. As such, faculty may provide students professional principles, guidance, and recommendations as it relates to the context of the student-client setting. The faculty is responsible to avoid dual relationships with students such as entering a student-counselor or student-pastor relationship. Thus, the faculty does not provide personal counseling addressing student personal problems. If a faculty member perceives that a student is in need of personal or professional counseling then that faculty member will recommend that the student pursue either pastoral or professional assistance from a counselor in their community.

H. Limits of Confidentiality

In the event of a student's disclosure, either verbally, or in writing, of either threat of serious or foreseeable harm to self or others, abuse or neglect of a minor, elderly or disabled person, or current involvement in criminal activity, the faculty, staff, administrator or supervisor, will take immediate action. This action may include, but is not limited to, immediate notification of appropriate state law enforcement or social services personnel, emergency contacts, and notification of the appropriate program chair or distance learning dean. The incident and action taken will become part of the student's permanent record.

I. Disability Assistance

Students with a documented disability may contact Liberty University Online's Office of Disability Accommodation Support (ODAS) at [LUOODAS@liberty.edu](mailto:LUOODAS@liberty.edu) to make arrangements for academic accommodations. Further information can be found at [www.liberty.edu/disabilitysupport](http://www.liberty.edu/disabilitysupport).

If you have a complaint related to disability discrimination or an accommodation that was not provided, you may contact ODAS or the Office of Equity and Compliance by phone at (434) 592-4999 or by email at [equityandcompliance@liberty.edu](mailto:equityandcompliance@liberty.edu). Click to see a full copy of Liberty's [Discrimination, Harassment, and Sexual Misconduct Policy](#) or the [Student Disability Grievance Policy and Procedures](#).

## ***COURSE SCHEDULE***

### **LIFC 301**

Textbook: Hoeger, et al., *Lifetime Physical Fitness and Wellness: A Personalized Program* (2017).

<b>MODULE/ WEEK</b>	<b>READING &amp; STUDY</b>	<b>ASSIGNMENTS</b>	<b>POINTS</b>
<b>1</b>	Hoeger: chs. 1–2 Bible reading Practice tests	Course Requirement Checklist Class Introductions DB Forum 1	10 0 65
<b>2</b>	Hoeger: ch. 3-4 Practice tests	Vlog 1	60
<b>3</b>	Hoeger: ch. 5-6 Practice tests	DB Forum 2	65
<b>4</b>	Hoeger: chs. 7-8 Practice tests	Vlog 2 Mid Term Exam	60 250
<b>5</b>	Hoeger: ch. 9-10 Practice tests	DB Forum 3	65
<b>6</b>	Hoeger: ch. 11-12 Practice tests	Vlog 3	60
<b>7</b>	Hoeger: ch. 13-14 Practice tests	DB Forum 4	65
<b>8</b>	Hoeger: chs. 15 Practice tests	Vlog 4 Final Exam	60 250
<b>TOTAL</b>			<b>1010</b>

DB = Discussion Board

NOTE: Each course week (except Module/Week 1) begins on Tuesday morning at 12:00 a.m. (ET) and ends on Monday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday. Read the syllabus for specific information on deadlines for assignments.