

**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 501**

#### **INTRODUCTION TO LIFE COACHING**

#### **COURSE DESCRIPTION**

This course serves as an introduction of professional coaching from a Christian perspective with special attention given to coaching theories, practice, skills, and various coaching specialties.

#### **RATIONALE**

Coaching is a vital new helping field that is growing daily. Some of the core skills for the coaching profession are the same as the counseling profession: building a relationship and learning to effectively communicate with the client. This course helps to understand the differences and similarities between the two fields and the opportunity to broaden the scope of help for people in need. If there is ever a time for godly leadership, servanthood and biblical counsel, it is now. This course seeks to meet that challenge by equipping students with the basic foundations of life coaching and biblically guide individuals asking for help.

#### **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
- B. Internet access (broadband recommended)
- C. Microsoft Word

(Microsoft Office is available at a special discount to Liberty University students.)

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

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

- A. Analyze the practice of coaching from a business standpoint.
- B. Evaluate the practice of professional coaching and the integration of Christian faith.
- C. Synthesize biblical models of professional coaching with regards to characteristics on individuals and groups.
- D. Explain the differences between professional coaching and professional counseling.

- E. Identify the scriptural and spiritual foundations of life coaching.
- F. Construct a biblical worldview for effective life coaching.
- G. Discuss ethical guidelines and standards in life coaching.
- H. Analyze essential theories and models of life coaching
- I. Summarize specialties in life coaching.

## V. COURSE REQUIREMENTS AND ASSIGNMENTS

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

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

- C. Discussion Boards (8)

Students will complete eight discussion board forums that specifically relate to weekly content. Each forum will be completed in two parts: 1) the student will submit a thread in answer to the question provided no later than 11:59 p.m. (ET) on Wednesday of the week assigned, and 2) the student will then post replies to at least two other classmates' threads no later than 11:59 p.m. (ET) on Sunday of the same week. Review the grading rubric and instructions provided within the course before beginning this assignment.

- D. Book Reviews (2)

The first book review will be over the Collins text and will be due in Week/Module 3. The second book review will be over the Grodzki & Allen text and will be due in week 5. **Each** book review must be **4-5 full pages** and include the following **3 sections**: Overview/summary of author's key points, Personal response, and Application to you as a life coach. Review the grading rubric and instructions provided within the course before beginning this assignment.

- E. Research Paper

Write a traditional research paper about a topic related to professional coaching. The paper is 9-11 pages in length (excluding title, abstract, and reference pages) with a minimum of 7 current academic sources, and be written/formatted in APA style. Review the grading rubric and instructions provided within the course for the specifics of this assignment.

- F. Exams (2)

Students will complete two exams that are cumulative and cover the material presented in the lecture presentations and class readings in the weekly Modules of Blackboard. Each exam is open book/open notes and 20 short-answer and two essay questions. Each exam can be completed throughout the four-week period and consequently does not need to be completed in one sitting.

**VI. COURSE GRADING AND POLICIES****A. Points**

Course Requirements Checklist	10
DB Threads (8 at 40 each)	320
Book Review (2 at 80 each)	160
Research Paper	200
Mid Term Exam	160
Final Exam	160

**Total**      1010

**B. Scale**

A = 940–1010    A- = 920–939    B+ = 900–919    B = 860–899    B- = 840–859  
 C+ = 820–839    C = 780–819    C- = 760–779    D+ = 740–759    D = 700–739  
 D- = 680–699    F = 679 and below

**C. Dual Relationship**

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.

**D. Limits of Confidentiality**

In the event of a student's disclosure, either verbally or in writing, of 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 online dean. The incident and action taken will become part of the student's permanent record.

**E. Disability Assistance**

Students with a documented disability may contact Liberty University Online's Office of Disability Academic 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)

## ***COURSE SCHEDULE***

### **LIFC 501**

Textbooks: Collins, *Christian Coaching: Helping Others Turn Potential into Reality* (2009).  
Grodzki & Allen *The Business and Practice of Coaching* (2005).

<b>MODULE/ WEEK</b>	<b>READING &amp; STUDY</b>	<b>ASSIGNMENTS</b>	<b>POINTS</b>
<b>1</b>	Presentations Collins chs. 1–7	Course Requirement Checklist Class Introductions DB Forum 1	10 0 40
<b>2</b>	Presentation Collins chs. 8–13	DB Forum 2	40
<b>3</b>	Presentations Collins chs. 14–22	DB Forum 3 Collins Book Review	40 80
<b>4</b>	Presentation Grodzki & Allen chs. 1–6	DB Forum 4 Midterm Exam	40 160
<b>5</b>	Presentation Grodzki & Allen chs. 7–10	DB Forum 5	40
<b>6</b>	Presentations Grodzki & Allen chs. 11–17	DB Forum 6 Grodzki & Allen Book Review	40 80
<b>7</b>	Presentations	DB Forum 7 Research Paper	40 200
<b>8</b>	Presentation	DB Forum 8 Final Exam	40 160
<b>TOTAL</b>			<b>1010</b>

DB = Discussion Board

**NOTE:** Each course week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday.