

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

LIFC 601

HEALTH AND WELLNESS COACHING

COURSE DESCRIPTION

This course serves as a further exploration of an aspect of professional coaching that includes wellness. This course will examine health and wellness from a Christian perspective 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 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. Microsoft Office
- D. *Professional Life Coaching* lecture notes

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 plays on one’s physical, spiritual, and emotional life.

V. COURSE REQUIREMENTS AND ASSIGNMENTS

A. Textbook readings. Presentations, 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. Discussion Board Forums (8)

The student will complete 8 Discussion Board Forums that specifically relate to weekly content. The student is required to provide a thread in response to the provided prompt for each forum. Each thread must be a minimum of 250 words and demonstrate course-related knowledge. In addition to the thread, the student is required to reply to at least 2 other classmates’ threads. Each reply must be a minimum of 100 words.

E. Book Reviews

The student will complete 2 book reviews with one over the Travis and Ryan text and the other one over the Arloski text. The book reviews must be 4–5 full pages and include the following 3 sections: overview/summary of author's key points, personal response, and application to the student as a life coach. The paper must be written/formatted in current APA style.

F. Mid-term and Final Exams

The student will complete 2 exams, a Mid-term Exam and a Final Exam, that are cumulative and cover the material presented in the video presentations and lecture notes. Each exam will be open-book/open-notes, contain 50 multiple-choice and true/false questions, and have a time limit of 1 hour and 30 minutes.

VI. COURSE GRADING AND POLICIES

A. Points

| | | |
|--|---------------|-------------|
| Course Requirements Checklist | | 10 |
| Discussion Board Forums (8 at 50 pts ea) | | 400 |
| Book Reviews (2 at 150 pts ea) | | 300 |
| Mid-term Exam | (Modules 1–4) | 150 |
| Final Exam | (Modules 4–8) | 150 |
| | 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 = 0–679

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 they relate 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 to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.

COURSE SCHEDULE

LIFC 601 Health and Wellness Coaching

Textbooks: Arloski, M. *Wellness coaching for lasting lifestyle change*. (2014).
Travis, J. W. & Ryan, R. S. *The Wellness workbook: How to achieve enduring health and vitality*. (2004).

| WEEK/ MODULE | READING & STUDY | ASSIGNMENTS | POINTS |
|-------------------------|--|---|---------------|
| 1 | Arloski: chs. 1 & 2 Travis: chs. 1 & 2 Bible reading 1 presentation lesson notes | Course Requirement Checklist Class Introductions Discussion Board 1 | 10 0 50 |
| 2 | Arloski: ch. 3 & 4 Travis: chs. 3 & 4 1 presentation lesson notes | Discussion Board 2 | 50 |
| 3 | Arloski: ch.5 & 6 Travis: chs 5 & 6 1 presentation lesson notes | Discussion Board 3 | 50 |
| 4 | Arloski: chs. 7 & 8 Travis: chs.7 & 8 2 presentations lesson notes | Discussion Board 4 Mid Term Exam | 50 150 |
| 5 | Arloski: ch. 9 Travis: chs. 9 & 10 2 presentations lesson notes | Discussion Board 5 | 50 |
| 6 | Arloski: ch.10 Travis: chs. 11 & 12 2 presentations lesson plans | Discussion Board 6 Travis and Ryan Book Review | 50 150 |
| 7 | Arloski: ch.11 2 presentations lesson notes | Discussion Board 7 Arloski Book Review | 50 150 |
| 8 | 1 presentation lesson notes | Discussion Board 8 Exam | 50 150 |
| TOTAL | | | 1010 |

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.