

# Health Coaching

## PHED 1105



### **COURSE DESCRIPTION:**

This course is designed to teach students the process of identifying, setting, and achieving a specific health behavior change goal within the Wheel of Health. The course will consist of short lectures, discussions, and individual health coaching sessions. Action steps towards the health goal will be expected each week outside of class meeting times.

### **COURSE SUMMARY:**

- Health and wellbeing are subjective measures that are determined by the scope of all aspects of health, not just the absence of disease. The Wheel of Health consists of: Physical Activity, Nutrition, Rest, Personal/Professional Development, Physical Environment, Relationships and Communication, Spirituality, and the Mind/Body Connection. The emerging field of health coaching recognizes that optimal health requires maintaining balance among all of these areas despite the various demands of life. Creating this balance usually requires changing behaviors that dictate health habits.
- Knowledge about healthy habits is not enough to create a healthy individual. People can be highly educated about proper health habits yet not be successful in implementing and maintaining those behaviors. Health Coaching is a partnership process between an individual and the coach. The individual identifies, creates a plan for, and eventually achieves an improvement in a singular health behavior over the course of the semester.
- The coach provides a framework and process to help the individual decide what they are actually motivated to change and identify how this will benefit overall quality of life. Motivations and goals are different for every person. The Health Coaching course therefore provides for a diverse and inclusive experience of health betterment centered around individual goals.
- In addition to in-class lectures and discussions, action steps are planned and expected of the student outside of class time. The goals and action steps will be set during group class time and reinforced and refined during individual coaching sessions with the instructor. Attaining successful health behavior change through weekly action steps will foster confidence in the student. Students will understand the process and hopefully be inspired to reach additional health behavior change goals beyond the conclusion of the course.

### **STUDENT LEARNING OUTCOMES:**

- Identify how the areas in the Wheel of Health intersect for optimal wellness.
- Practice self-assessment in determining opportunities to enhance health.
- Identify an area of focus for a health behavior change goal.
- Practice setting and implementing action steps towards the health goal.

### **COURSE COMPONENTS**

1. One-on-one coaching from the instructor to implement a health goal.
2. Action steps taken outside of class towards the individual health goal.
3. Class discussions on Zoom.
4. Written assignments submitted through Canvas.

## CLASS STRUCTURE

- Each class session begins with a 30-minute synchronous group discussion on Zoom for all class members.
- Afterwards, written assignments will become available on Canvas and students will individually work on these for the rest of the class period (no Zoom). These are due at the end of each class period (promptly at 2:00pm).
- One per week, students will pause the written assignments to re-join Zoom for their one-on-one 20-minute coaching session. The class size is limited to eight so that each student may be coached each week.
  - If students finish and submit the Canvas assignments ahead of the 2:00pm deadline then no further work (Canvas or Zoom) is required that day (except for the coaching session when applicable).
- Weekly action steps (progress) towards the health goal will be formulated through coaching and will be expected outside of class time (varies per person). Progress and/or attainment of individual goals are not related to the course grade.

## TENTATIVE WEEKLY SCHEDULE:

	Weekly Class #1	Weekly Class #2
12:10pm - 12:40pm	Zoom Class Discussion	Zoom Class Discussion
12:40pm - 2:00pm	Canvas assignments	Canvas assignments
12:40pm - 1:00pm	Coaching student #1	Coaching student #5
1:00pm - 1:20pm	Coaching student #2	Coaching student #6
1:20pm - 1:40pm	Coaching student #3	Coaching student #7
1:40pm - 2:00pm	Coaching student #4	Coaching student #8
2:00pm	Assignments due	Assignments due

## SCHEDULING INDIVIDUAL COACHING

Students will be surveyed prior to the first class with an opportunity to express their scheduling preferences. Scheduling preferences cannot be guaranteed. Timeslots will be assigned during group discussion on the first class meeting and cannot be changed after that.

## **COURSE GRADING AND ATTENDANCE POLICY:**

- All Barnard Physical Education courses are one-point of credit.
- All Barnard Physical Education courses are Pass/Fail based on attendance and participation.
- Students will not be graded based on actual completion of health goals but will be expected and encouraged to make sincere progress throughout the term.
- *Health Coaching* students are allowed a **maximum of three absences for any reason**. The reason does not need to be disclosed to the instructor.
  - Zoom group discussions will not be recorded.
  - Individual coaching sessions will not be recorded or rescheduled.
  - These three absences must be made-up with **written work** (as assigned from the instructor) in order to pass the class.
  - Failure to complete make-up work on-time and as assigned will result in another absence.
- Depending on circumstances, more than three absences may result in a grade of "Defer" rather than an "F." Students must restart another P.E. (or Dance) class in a future term.
- There is no partial credit for class sessions.
  - There is a 5-minute grace period at the start of class. The Zoom session will be locked promptly at 12:15pm and five minutes after the start of the individual coaching session. Students not present will accrue an absence.
  - Students cannot leave early from a Zoom group or coaching session or they will accrue an absence.

## **COURSE REQUIREMENTS:**

- Class discussions:
  - All students must be engaged and verbally contribute to class discussions
  - Students may volunteer discussion points and/or be asked to contribute.
  - No distractions will be allowed (e.g. email, texting, side chats, doing other work, eating etc.). Hydration is allowed and encouraged.
- Individual coaching sessions:
  - Students will enter and exit the **original Zoom class link on-time** for their assigned coaching sessions. They will be given entry through the waiting-room feature.
- Canvas written work:
  - Canvas assignments must be completed by the end of each class period (2pm). Failure to complete the assignments will result in an absence.
  - Students should exit Zoom while completing the Canvas assignments.
  - Canvas assignments can't be returned after grading so if you want to save any writings, copy them into your own private document.
- Students must complete the *PE Info Waiver* sent via Google form during the first week of the course.

## **COURSE CONTENT:**

- Zoom class discussions and one-on-one coaching will be a time of exploration of health goals, resources, and daily health topics.
- All written assignments will be completed and submitted directly in Canvas as follows:
  - Watching video presentations on daily health topics.
  - Completing online quizzes on video content.
    - Quizzes must be 100% correct in order to receive credit (students may see results immediately and must rectify wrong answers before submitting).
  - Writing updates on the health goal.
  - Contributing to the Padlet Health Resource Board.

- You may choose to sign-up for a free account with Padlet (name & email) but that is not required.
  - If you don't have an account, you will need to type your name into each Padlet entry to identify yourself.
- Canvas assignments are available at the end of group discussion (12:40pm) and will shut off for submission promptly at the end of class the same day (2:00pm).
  - There is plenty of time to complete Canvas assignments in the allotted time (even on coaching days).
- Canvas assignments are graded for completion only (no percentages or letter grades).

## **CLASS SESSIONS:**

Welcome to *Health Coaching*

Health Vision and Value

Goal Setting

Stress Management

Mindfulness

Physical Activity Guidelines

Emotional Health

Spiritual Health

Environmental Health

Healthy Eating

Healthy Sleep

Moving Forward

## **STATEMENTS**

- **BARNARD COLLEGE WELLNESS STATEMENT:** It is important for undergraduates to recognize and identify the different pressures, burdens, and stressors you may be facing, whether personal, emotional, physical, financial, mental, or academic. We as a community urge you to make yourself--your own health, sanity, and wellness--your priority throughout this term and your career here. Sleep, exercise, and eating well can all be a part of a healthy regimen to cope with stress. Resources exist to support you in several sectors of your life, and we encourage you to make use of them.
- **BARNARD COLLEGE HONOR CODE:** We, the students of Barnard College, resolve to uphold the honor of the College by engaging with integrity in all of our academic pursuits. We affirm that academic integrity is the honorable creation and presentation of our own work. We acknowledge that it is our responsibility to seek clarification of proper forms of collaboration and use of academic resources in all assignments or exams. We consider academic integrity to include the proper use and care for all print, electronic, or other academic resources. We will respect the rights of others to engage in pursuit of learning in order to uphold our commitment to honor. We pledge to do all that is in our power to create a spirit of honesty and honor for its own sake.
- **CENTER FOR ACCESSIBILITY RESOURCES AND DISABILITY SERVICES (CARDS) STATEMENT:** If you believe you may encounter barriers to the academic environment due to a documented disability or emerging health challenges, please feel free to contact me and/or the Center for Accessibility Resources & Disability Services (CARDS). Any student with approved academic accommodations is encouraged to contact me during office hours or via email. If you have questions regarding registering a disability or receiving accommodations for the semester, please contact CARDS at (212) 854-4634, [cards@barnard.edu](mailto:cards@barnard.edu), or learn more at [barnard.edu/disabilityservices](http://barnard.edu/disabilityservices). CARDS is located in 101 Altschul Hall.