**UNIVERSITY OF PITTSBURGH**

**Department of Health and Human Development (Summer 2021)**

**HPA 2280: BEHAVIOR CHANGE & HEALTH COACHING**

**Instructor:** Kelli Davis, PhD, FACSM, CCEP

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**REQUIRED TEXT:**

Given the online nature of this course, the following text is recommended to facilitate and supplement online learning:

* **Coaching Psychology Manual, Second Edition. Eds. Moore, M., Jackson, E., Tschannen-Moran, B. Wolters Kluwer, 2016.**
* **REQUIRED TECHNOLOGY:** Due to the online nature of this course, certain technology is required to adequately complete the course. **Technology requirements**, including equipment ([Recommended Devices and Configurations from Pitt IT](https://www.technology.pitt.edu/services/computer-purchasing-students)) and recommended internet access are available here.

**GENERAL COURSE DESCRIPTION:** This course focuses on applying evidence-based behavioral strategies to interactions with health-fitness participants and patient populations to enhance engagement, adherence, and sustainability of lifestyle behaviors related to health.  The course will include interaction strategies with patients, listening skills of health coaches, strategies to enhance compliance, strategies for working with non-compliant patients, and application to specific health-fitness and healthcare setting.

**Specific Course Objectives:**

1. To develop an understanding of behavior change strategies that can be used in order to promote physical activity and other health-promoting behaviors.
2. To apply the various behavioral change theories in health coaching situations
3. To understand the definition, role, and value of a health coach
4. To name and describe core coaching skills
5. To become practiced at Motivational Interviewing techniques and skills
6. To identify assessments to use with clients, and how to prepare for and conduct a coaching session.
7. To understand empathy and recognize the value and role it plays in coaching and behavior change.
8. To understand and know the core competencies of the health and wellness coach certifying exam.

**GRADING POLICY**

**Exams/Quizzes:** There will **not** be a midterm or a final in this course. Quizzes will be used most weeks to assess participation and comprehension. Quizzes will use a variety of question types to assess your knowledge which include: essays, short answer, multiple choice, matching, true/false, completion, etc. The majority of questions will be taken from lecture but some questions may be drawn from class discussions, homework, and assigned readings from the book.

**NOTE:** The exact point value of the exams and other assignments will be decided on by the instructor.

**Extra Credit:** There may be extra credit available via additional assignments or projects that you will have the option of completing. No special assignments for select students will be offered.

**GRADING SCALE**

Your grade will be determined by dividing your actual points by the total number of points attainable.

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| **GRADES:** | **APPROXIMATE POINT VALUE** |
| Quizzes | ~120 points |
| Coaching Journal | ~200 points |
| Coaching Video/Audio Recording | ~50 points |
| Client Evaluation | 50 points |

The following grading scale will be used to determine final course grades.

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| --- | --- | --- |
| A+ | = | 97-100% |
| A | = | 93-96.9% |
| A- | = | 90-92.9% |
| B+ | = | 87-89.9% |
| B | = | 83-86.9% |
| B- | = | 80-82.9% |
| C+ | = | 77-79.9% |
| C | = | 73-76.9% |
| C- | = | 70-72.9% |
| D+ | = | 67-69.9% |
| D | = | 63-66.9% |
| D- | = | 60-62.9% |
| F | = | 0-59.9% |

**ATTENDANCE POLICY**

Due to web-based nature of this course, most attendance will be documented by the completion of required modules, quizzes, and/or discussion boards. In addition, attendance and participation in the synchronous course meetings will also be used in the final evaluation should a student be on the close border of two grades. Each week a new module will be assigned as outlined by the syllabus. You will have that entire week to complete each module, including accompanying discussion boards or quizzes. Each module/quiz will need to be completed by Wednesday at 8AM of the following week. For example, Week 1 Module will be able to be completed anytime throughout the week of May 19th – May 25th. Completion of the quizzes and any attached assignments must be submitted by 8AM on Wednesday, May 26th and so on.

**\*\*Failure to complete a module within the time allotted will result in a “0” for that module.\*\***

**Incomplete or G Grades**

Students must complete all course requirements to receive a grade for this course. In the event of extenuating personal circumstances, such as a medical emergency or a death in the family, an I or G grade may be awarded to signify unfinished course work*. I or* *G grades will not be an option for students who fall behind in the course for non-emergency reasons.* Students assigned I or G grades are required to complete course requirements no later than one year after the term in which the course was taken. After the deadline has passed, the I or G grade will remain on the record, and the student will be required to reregister for the course if it is needed to fulfill requirements for graduation.

**There will be no make-ups for quizzes or assignments unless prior arrangements have been made with the instructor.** Missed quizzes or assignments can only be made up if accompanied by written documentation justifying the absence. Decisions regarding the justification of the absence will be made by the instructor. Missed quizzes must be made up within one week at a time and date approved by the instructor. In rare cases where unexpected (emergency) circumstances arise, it is the student’s responsibility to notify the instructor immediately (i.e., within 48 hours) in order to ensure the possibility of a make-up quiz/exam or project. Technical issues that arise are a challenge in an online setting, and in order to avoid missing deadlines, do work well in advance of the due date in case technical issues do emerge. Also, email the instructor immediately, and attach any assignments/quizzes to the email prior to the due date to also ensure that if the post was lost, it can still be verified that the assignment was done on time.

**MISCELLANEOUS ISSUES**

**Academic Integrity**

Students in this course will be expected to comply with the [University of Pittsburgh’s Policy on Academic Integrity](http://www.cfo.pitt.edu/policies/policy/02/02-03-02.html). Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators.

To learn more about Academic Integrity, visit the [Academic Integrity Guide](http://pitt.libguides.com/academicintegrity/) for an overview of the topic. For hands- on practice, complete the [Understanding and Avoiding Plagiarism tutorial](http://pitt.libguides.com/academicintegrity/plagiarism).

**Disability Services**

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and [Disability Resources and Services](https://www.studentaffairs.pitt.edu/drs/) (DRS), 140 William Pitt Union, (412) 648-7890, [drsrecep@pitt.edu,](mailto:drsrecep@pitt.edu) (412) 228-5347 for P3 ASL users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this cours **Equity,**

**Diversity, and Inclusion**

The University of Pittsburgh does not tolerate any form of discrimination, harassment, or retaliation based on disability, race, color, religion, national origin, ancestry, genetic information, marital status, familial status, sex, age, sexual orientation, veteran status or gender identity or other factors as stated in the University’s Title IX policy. The University is committed to taking prompt action to end a hostile environment that interferes with the University’s mission. For more information about policies, procedures, and practices, visit the[Civil Rights & Title IX Compliance web page](https://www.diversity.pitt.edu/civil-rights-title-ix-compliance).

I ask that everyone in the class strive to help ensure that other members of this class can learn in a supportive and respectful environment. If there are instances of the aforementioned issues, please contact the Title IX Coordinator, by calling 412-648-7860, or e-mailing [titleixcoordinator@pitt.edu](mailto:titleixcoordinator@pitt.edu). Reports can also be [filed online](https://www.diversity.pitt.edu/civil-rights-title-ix-compliance/make-report/report-form). You may also choose to report this to a faculty/staff member; they are required to communicate this to the University’s Office of Diversity and Inclusion. If you wish to maintain complete confidentiality, you may also contact the University Counseling Center (412-648-7930).

**A note on classroom recording:** In order to facilitate the free exchange of ideas during lectures or synchronous class meetings, lectures (including your participation), will be recorded.  Students are not required to participate in the recorded conversation and if you do not wish to participate, you can ask questions off-line, in the chat, or during a scheduled appointment.  Further, the recorded lecture will be used by the faculty member and the registered students only for internal class purposes and only during the term in which the course is being offered.

**COURSE SCHEDULE**

**The following course schedule is tentative and may change at the discretion of the instructor.** You are responsible for any changes made to the syllabus that are announced online, even if you fail to check it daily.

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| **WEEK STARTING:** | **TOPIC** |
| **Items in shaded rows will be a synchronous class meeting via ZOOM from 7:15PM-9:15PM (times may vary). Items in white will be recorded online lectures, activities, or assignments. Please note that all ZOOM sessions will also be recorded.** | |
| MAY 19 | Intro to the class, syllabus, course topics and structure. Intro to Coaching, Behavior Change Theory & Application- |
| MAY 26 | Intro to Coaching, Structure, Scope of Practice, Professional Guidelines, & Client Assessment |
| JUNE 2 | Behavior Change Theory & Strategies/ Resources for Health Behaviors |
| JUNE 9 \*start coaching | Coaching Relationship Skills & Presence, Expressing Compassion & Empathy |
| JUNE 16 | Motivational Interviewing Skills & Practice |
| JUNE 23 | Motivational Interviewing Skills & Practice |
| JUNE 30 | Motivational Interviewing Skills & Practice |
| JULY 7 | **HOLIDAY WEEK- OFF** |
| JULY 14 | Motivation & Self-Efficacy |
| JULY 21 | Readiness to Change |
| JULY 28 \*end coaching | Design Thinking & Generative Moments |
| AUGUST 4 | Final lessons/Wrap-up |