

# PSY475 Health and Wellness Coaching

**Level:** 4

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY SEMESTER

## Synopsis:

Coaching is a growth-promoting relationship that elicits autonomous motivation, increases the capacity to change, and facilitates a change process through visioning, goal setting, and accountability, which at its best leads to sustainable change for the good. Wellness coaching is a process of applying these principles, skills, and knowledge to enable individuals to choose healthy lifestyle alternatives and make positive changes to achieve holistic health. This course focuses on helping individuals to be engaged to take measures to prevent the onset of chronic medical conditions or to optimise their control to prevent complications, if already diagnosed with chronic medical conditions.

## Topics:

- Being a good health coach
- Health promotion and health literacy
- Motivational interviewing
- Health coaching skills
- Applying behaviour change models
- The role of self-efficacy in health behaviours
- Self-control for behaviour change
- Setting goals and action plans
- Thriving as a health coach
- Coaching in difficult situations
- Facilitating sustainable lifestyle change
- Designing wellness programmes

## Learning Outcome:

- Evaluate the role of health and wellness coaches
- Assess personality styles and character strengths and how this impacts the coaching relationship
- Examine the role of motivational interviewing in health coaching
- Apply the principles and theories of health promotion and health behaviour change
- Formulate strategies to engage clients with low health literacy
- Demonstrate core relationship-based coaching skills
- Design strategies to work with clients in different stages of change

## Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	DISCUSSION BOARD 1	20
	TUTOR-MARKED ASSIGNMENT 1	30
Overall Examinable		

Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>