

M: Course Objectives / Learning Outcomes

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

1. apply core coaching values to the coaching process
2. analyze essential coaching concepts
3. apply skills and concepts to health coaching

N: Course Content: The following global ideas guide the design and delivery of this course:

Coaching Values in Practice

- Views people as creative, resourceful and whole
- Values excellence, realizing maximum human potential
- Acts upon the principles of self-determination and self-efficacy

Coaching Concepts

- Co-Active Coaching
- Active collaboration, alliance between coach and client
- Coaching specialties
- High-level wellness

Health Coaching Skills and Qualities

- Establishing a relationship based upon authenticity and connection
- Levels of listening
- Empowerment skills
- Challenge and goal setting skills
- Designing a partnership, collaborating to achieve optimal potential
- Holding the client's agenda and moving action forward

O: Methods of Instruction

- Lecture / Discussion
- Role play coaching and feedback
- Media

P: Textbooks and Materials to be Purchased by Students: A list of recommended textbooks and materials is provided for students at the beginning of each semester.

Resources include:

- Selected readings from a variety of TR practice textbooks
- Selected audio-visual and computer resources
- Selected readings from books and journals

Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations.

An evaluation schedule is presented at the beginning of the course. Typical means of evaluation will include a combination of written assignments, presentations and testing.

This is a graded course.

R: Prior Learning Assessment and Recognition:

Open for PLAR

Course Designer(s) Therapeutic Recreation Faculty

Education Council / Curriculum Committee Representative

Dean

Registrar