



COACHING SKILLS FOR HEATH & FITNESS

Organization details:

Name of Organization	HEALTH COACHES INTERNATIONAL
Mailing Address	PO BOX 528, PORT MELBOURNE 3207
Website	WWW.HEALTHCOACHESINTERNATIONAL.COM
Telephone Number	1300 845 990

Organization Description:

Health Coaches International Vision

Our vision is to be the industry leaders in coach education by delivering quality educational programs upholding the gold standard in coaching accreditation. Our programs are dedicated to producing highly respected coaches who, through their partnering with clients, change the landscape of the health care sector and improve the health and wellbeing of our community.

Program Description:

COURSE TITLE	DESCRIPTION
COACHING SKILLS FOR HEATH & FITNESS	This continuing education course focuses on providing fitness & health professionals with the knowledge, skills & tools to guide patients/clients towards changes in health & lifestyle behaviours that impact on health, wellbeing and fitness of clients The course provides an introduction to Coaching in the field of Health

Target Audience:

The Coaching Skills for Health & Fitness course is specifically developed for fitness and health professionals who are seeking continuing education to develop their skills and knowledge in dealing optimally with clients.

Learning Objectives:

This course is intended to provide participants with the following learning outcomes:

1. Define coaching within the fitness and health profession and how it is different from current fitness and health professions
2. Explain the role of coaching for fitness & health professionals as an complimentary skill set
3. Explain health behaviour change theories and how do they relate to coaching
4. Explain the effectiveness of coaching in Health Behaviour Change
5. Explain Ethical Guidelines and Professional Standards related to professional scope of practice and coaching practice.
6. Demonstrate ability to focus completely on the client with application of effective listening skills
7. Demonstrate ability to communicate optimally during coaching sessions, and to use language that has the greatest positive impact on the client's progress towards achieving healthy behaviours.
8. Demonstrate ability to ask powerful and timely questions that reveal the information needed for maximum benefit to the coaching relationship and the client.

9. Create opportunities for ongoing learning, and awareness to empower clients towards agreed-upon coaching goals for adopting healthy behaviours.
10. Demonstrate ability to plan and Goal Set to develop and maintain an effective health, exercise and lifestyle plan with the client.
11. Demonstrate ability to manage progress and accountability to assist client to achieve what is important for them, and to leave responsibility with the client to take action
12. Describe how coaching skills can complement approaches to fitness and health behaviour change
13. Demonstrate the application of Health Behaviour Change Coaching
14. Demonstrate the knowledge, skills & tools to guide patients/clients towards changes in health & lifestyle behaviours that impact on health, wellbeing and fitness of clients

- *This course caters for the need for continuing education of the large and diverse health industry sector*
- *This course caters for the overlap in the education of community members about health*
- *This course impacts on the ability to provide a service to positively impact on client’s physical and mental health through health behaviour change guidance*
- *This course describes the performance outcomes, skills and knowledge required to discuss and guide clients towards adopting healthy lifestyle behaviours in the health setting*
- *The unit applies to the continuing education requirements of health professionals as governed by national and State level accreditation bodies.*
- *Graduates can receive entry into the Health Coaching Course Level 1 at a reduced rate*

1. COURSE STRUCTURE

Course rules			
Course structure	To achieve completion of the Coaching Skills for Health & Fitness course participants must complete the following sections:		
	Course code	Course title	Pre-requisite
	CSHBC	COACHING SKILLS FOR HEALTH & FITNESS	Na
	Total nominal hours		10
<p>As the course is delivered online or by live virtual classroom delivery, it caters for the need for flexible study patterns and intermittent study capabilities. Participants have up to 6 months to complete the course requirements. Online access ensures equity of access for those in remote areas, those on shift work and those with other barriers to face to face course attendance (those with young families, single parents, physical disabilities, transport etc)</p> <p>Enrolment includes access to all course resources for a period of 6 months. It is generally expected that participant will study in 1-2 hour blocks at intermittent time frames, however, the course can be completely self-paced and completed in longer study blocks. Live Virtual sessions are typically 2-3 hours in duration as scheduled.</p>			

3. ENTRY REQUIREMENTS

<p>Entry requirements</p>	<p>1. <u>Essential entry requirements</u></p> <p>Entrants to the Coaching Skills for Health & Fitness Course must:</p> <ul style="list-style-type: none"> • be over 18 years of age; and <p>2. <u>Recommended entry requirements</u></p> <p>For Vocational purposes, it is recommended that entrants have a Certificate IV, Diploma or Degree in an associated health field such as, but not limited to, Nursing, Personal Training, Nutrition, Allied Health related qualifications</p> <p>and</p> <p>3. high level language, literacy and numeracy levels – sufficient to interpret complex documents, prepare written reports, and discuss issues clearly with clients, allied health professionals and medical personnel</p>
----------------------------------	--

Students will need access to a computer with internet connection to participate in this online course.

4. **FORMAT AND LEARNING TOOLS**

The course the course is delivered face to face, online or by live virtual classroom delivery and consists of learning materials that include online video presentations, recorded lecture presentations, course manual, further reading/research, workbook and assessment.

This course consists of the following learning tools:

Online Lectures

Our Coaching Faculty/Presenter team present the information that will guide you through your learning journey to ensure the learning outcomes of the course are achieved. As these are available online, you may view them multiple times as desired.

Videos

Our faculty discuss various Health Coaching related topics to supplement your learning

Manual and Workbook

The manual provides comprehensive information on each of the topics. These should be read in full prior to viewing the relevant lecture presentation and accompanying video. The Workbook should be followed along with viewing the lecture presentations.

Additional Readings

When applicable, additional PDF documents are provided for further reading or to provide you will tools for application of the coaching skills presented.

Online Assessments

Assessments consist of multiple choice/true and false questions and practicum. All assessments are linked to learning outcomes and must be submitted online upon completion of the course.

Virtual small group or individual Tutes

For completion of the course practicum, a tutorial conducted via Zoom will be scheduled each month. Students are required to request attendance at their chosen 2 hour tutorial session by sending an email to:

support@healthcoachesinternational.com

5. PROGRAM SCHEDULE – indicative hours

HOURS	SECTION	LEARNING OUTCOME
	PART ONE: INTRODUCTION TO HEALTH BEHAVIOUR CHANGE	
0.5	1.1 Coaching in Health and Fitness – distinguishing coaching skills from consulting and training	15. Define coaching within the fitness and health profession 16. Explain the role of coaching for fitness & health professionals
	1.2 Introduction to Health Behaviour Change Theories	1. Explain health behaviour change theories and how they relate to coaching 2. Explain the effectiveness of coaching in Health Behaviour Change
	PART TWO: ESSENTIAL COACHING SKILLS	
0.5	2.1 Ethics related to coaching skills and client management/ Importance of referrals within the health sector	3. Explain Ethical Guidelines and Professional Standards related to professional scope of practice and coaching practice.
2	2.2 How to be present with your client	4. Demonstrate ability to focus completely on the client with application of effective listening skills
2	2.3 Conducting effective coaching conversations with clients	5. Demonstrate ability to communicate effectively during coaching sessions, and to use language that has the greatest positive impact on the client’s progress towards achieving healthy behaviours. 6. Demonstrate ability to ask questions that reveal the information needed for maximum benefit to the coaching relationship and the client.
2	2.4 Achieving self awareness and empowerment for healthy transformations	7. Creating opportunities for ongoing learning, and awareness to empower clients towards agreed-upon coaching goals for adopting healthy behaviours.
2	2.5 Action Planning for Healthy Behaviour transformations	8. Demonstrate ability to plan and goal set to develop and maintain an effective health, exercise and lifestyle plan with the client. 9. Demonstrate ability to manage progress and accountability to assist client to achieve what is important for them, and to leave responsibility with the client to take action
	PART THREE: COACHING FOR HEALTH BEHAVIOUR CHANGE	
1	3.1 Coaching for Health Behaviour Change – In Practice	10. Describe how coaching skills can compliment approaches to fitness and health behaviour change 11. Demonstrate the application of Health Behaviour Change Coaching
Self study resources	Tools for Health Behaviour Change Coaching	12. Demonstrate the knowledge, skills & tools to guide patients/clients towards changes in health & lifestyle behaviours that impact on health, wellbeing and fitness of clients
40min	Assessment	13. Multiple choice/short answer theory test
2 hours	Practical Tutorial	14. Discuss application of coaching skills to health scenarios

6. OTHER SKILLS/OUTCOMES

The course aims to develop the following foundation skills:

- Communication skills appropriate to guiding client conversations related to healthy lifestyle behaviours
- Problem-solving skills to identify specific client/patient needs
- Team work skills to work collaboratively with clients/patients and associated allied health and fitness personnel and relevant partners to implement effective health behavior change management
- Literacy and numeracy skills to:
 - Understand health guidelines
 - Develop supporting resources,
 - Locate and access evidence based research

7. COURSE FEES

Please refer to the website for pricing options

8. POLICIES & PROCEDURES

Health Coaches International focuses on optimal service to students. Please refer to our Student Handbook for full information on all our policies and procedures. We also encourage you to discuss any issues that can improve your educational experience as soon as you need to. Being a small team, we have the flexibility and openness to assist you in any way possible.

9. ENROLMENT

Enrolments are to be made online through www.healthcoachesinternational.com and payment is required by credit card (secure pay). Upon payment, you will be sent login details to access full course resources. Your access is for 6 months. You will be able to start immediately and finish at your own pace.

10. SECURITY

Upon enrolment, a student login and secure password is allocated along with guided instructions on how to navigate the online course and access all resources. Student online activity remains private and there is no publication or sharing of participant's email or contact details. Any interactions are handled through the course portal between Health Coaches International management and the specific student. No third party sharing of any details related to participants is entered into.

11. ASSESSMENT PROCEDURE:

Theory test procedures

1. The Theory test is completed online.
2. Theory assessments consist of multiple choice and true/false questions
3. Students need to attain a pass mark of 75%
4. The completed assessments will be marked upon completion and results are viewable immediately online.
5. Support – if a resubmission is required, the course lecturer will discuss areas for revision and provide guidance. The student is required to make an appointment with the lecturer to achieve this prior to the 60-day time limit.

6. If the re-submission is unsuccessful, a meeting will be required with the course coordinator to ascertain action required – possible action: re-enrolment to the course or a one-hour private tuition. The fee for this will be \$125

PRACTICUM ASSESSMENT PROCEDURES:

1. Students are required to submit a recorded Coaching session in accordance with the guidelines provided.
2. Assessor performs observation of each student performing the practicum within the allocated time frame during the course or within a live virtual tutorial session with the student.
 - a. Students participate in a debrief and discussion including the instructor providing a verbal debrief of coaching skills demonstrated, opportunities for development in line with core competencies and discussion with students (a 360 degree feedback method will be adopted)
3. Participants gain feedback regarding their demonstrated competency as outlined in the stated criteria above
4. Results are recorded in student files on Moodle
5. If successful: A written report accompanies the student's issued Certificate and finish letter
6. If unsuccessful: students will be notified within 7 days that they must submit a written transcript addressing the criteria outlined in the above table using a simulated case study supplied by HCI. The lecturer will provide specific check points that the student must attain. This is due within 60 days.
7. Support: students can access the course lecturer to clarify their understanding of the criteria

12. CERTIFICATE

Upon successful completion of all assessment tasks, you will receive feedback along with your Certificate of Completion of the Coaching Skills for Health Behaviour Change Course. The certificate will clearly display the professional development points applicable.

13. PRESENTERS

KRISTIN MCMASTER: Masters in Nutrition, Diploma in Fitness, Executive Coaching Certificate, ICF Member. Kristin has over 25 years in the health and fitness industry particularly in the field of health and fitness education and focuses on nutritional health, healthy food behaviours, and health and business coaching.

SAM PATTERSON: Bachelor of Arts (Sports Studies), International Coach Federation Master Certified Coach, Coach mentor for ICF credential applicants in Australia, Asia, Europe and the UAE. Coaching skills trainer for corporate teams and leaders, focusing on ICF core competency understanding and application; Ten years of experience delivering adult learning programs in coaching.

ALISON PATTERSON: Health Coach, Advanced Sports Dietitian, Accredited Practising Dietitian, and member of the ICF. Ali is a passionate coach, partnering with people to be curious and to reconnect and to trust their inner wisdom to eat flexibly and mindfully without restriction, stress, anxiety or guilt. Her greatest wish is that all people can rediscover and embrace the joy and pleasure of food.



14. CAREER OUTCOMES:

If you work in the health or fitness sectors, chances are you are passionate about helping people to improve their health and live healthier, positive and more energetic lives. It would be wonderful if the trend in obesity rates and chronic disease in our country can be reduced through helping people to adopt and sustain healthier lifestyle behaviours. This is the reason why we created this course.

If you work in the medical health, allied health and general health sectors, the possible career outcomes of undertaking our Coaching Skills for Health Behaviour Change course are:

The implementation of Health Behaviour Change Coaching for:

- Health professionals to enhance their current practice in patient engagement
- Health professionals in the care - coordinator capacity in GP clinics;
- Health professionals in the Hospital setting bariatric clinics pre and post; cardiac rehab; palliative care; discharge planning
- Health professions in the care coordinator capacity working in Health insurances
- A deepening of your health consulting capability
- Supporting Allied team members with group sessions
- A pathway to future study in our Health Coaching Course that will be internationally aligned and provide you with a formal coaching credential
- Working in a Health/Wellness Hub

If you work in the fitness/health and personal training related sectors, outcomes of completing this Coaching Skills for Health Behaviour Change course includes:

- Continuing professional development
- Improved client-trainer services
- Ability to retain clients over a longer term health coaching relationship
- A broadening of your knowledge and services to enable you to skillfully coach clients through behavior change processes
- A pathway to future study in our Health Coaching Course that will be internationally accredited and provide you with a formal international credential

15. SUPPORT:

If you have any questions about this course at any time please contact the Health Coaches International support team. Emails are the best method of communication and will be responded to promptly.

HEALTH COACHES INTERNATIONAL

1300 845 990

support@healthcoachesinternational.com

info@healthcoachesinternational.com

PO Box 528

Port Melbourne 3207