KIN 84 Course Outline as of Summer 2025

CATALOG INFORMATION

Dept and Nbr: KIN 84 Title: HEALTH & WELL COACHING
Full Title: Health and Wellness Coaching
Last Reviewed: 12/4/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00 Total Student Learning Hours: 157.50

Title 5 Category:	AA Degree Applicable
Grading:	Grade Only
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	KINES 84

Catalog Description:
Students will learn the theory and practice of effective health and wellness coaching, the basics of lifestyle medicine, and the evidence-based strategies to prevent and manage chronic disease. Students will study business and legal considerations for building a health and wellness coaching practice. This course prepares students to take the American Council on Exercise (ACE) Health Coach Certification Exam.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will learn the theory and practice of effective health and wellness coaching, the basics of lifestyle medicine, and the evidence-based strategies to prevent and manage chronic disease. Students will study business and legal considerations for building a health and wellness coaching practice. This course prepares students to take the American

Council on Exercise (ACE) Health Coach Certification Exam. (Grade Only)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 2024	Inactive:
UC Transfer:		Effective:		Inactive:

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Demonstrate effective individual coaching sessions using best practices and standards in health and wellness coaching.
2. Develop a personal health coach practice business and marketing plan with professional ethics, standards, and legal considerations.

Objectives:
At the conclusion of this course, the student should be able to:
1. Explain the professional role of a health coach and the models used for behavior change.
2. Demonstrate the health coaching skills and methods used in client sessions.
3. Analyze the primary lifestyle factors that impact overall health and wellness.
4. Describe the common diseases of clients seeking health coaching and the evidence-based lifestyle and self-care strategies to supplement medical treatment.
5. Identify the professional business and legal considerations for health coaches.

Topics and Scope:

I. Foundations for Health and Wellness Coaching
   A. Role and scope of a health coach
   B. Core components of coaching
   C. Behavior change models and theories
   D. American Council on Exercise (ACE) health coach certification, exam, and standards
II. The Coaching Experience
   A. Skills and methods for supporting lifestyle change
   B. Initial session considerations

C. The art of coaching
III. Lifestyle Medicine
A. Mindfulness and stress management
B. Nutrition for health and well-being
C. Physical activity
D. Other lifestyle factors
1. Sleep
2. Substance use
IV. Chronic Diseases and Comorbid Conditions
A. Obesity
B. Cardiovascular disease
C. Hypertension
D. Diabetes
E. Depression and anxiety
F. Additional disease, conditions, and considerations
V. Professional Conduct and Establishing Your Coaching Practice
A. Professional commitments and considerations
B. The business of health coaching
C. Code of ethics

Assignment:

1. Required reading from textbook
2. Identify and write report(s) (1-3) on a topic using professional journal articles and other credible resources for health and wellness coaching professionals and summarize the information orally in class or video on learning managment system from your written report.
3. Design and lead individual coaching sessions (2-4)
4. Written research paper or presentation on a common chronic disease
5. Written marketing and business plan
6. Quiz(zes) and exams

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written report(s); research paper; marketing and business plan	Writing 10 - 30%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Individual coaching sessions; presentation	Skill Demonstrations 20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Quiz(zes) and exams	Exams 30 - 50%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance	Other Category 5 - 15%

Representative Textbooks and Materials:
The Professional's Guide to Health and Wellness Coaching. American Council on Exercise (ACE). 2019 (classic)
Instructor prepared materials