WINONA STATE UNIVERSITY
PROPOSAL FOR NEW COURSES

Department HERS

Date 09/22/08

Refer to Regulation 3-4, Policy for Changing the Curriculum, for complete information on submitting proposals for curricular changes.

Course No. 498
Course Title Practicum in Wellness Coaching
Credits 3

This proposal is for a(n) Undergraduate Course Graduate Course

Applies to: Major Minor University Studies*

Required Required Not for USP

Elective Elective

Prerequisites: Must have completed all other Wellness Minor classes or have instructor’s permission.

Grading method Grade only P/NC only Grade and P/NC Option

Frequency of offering Offered each semester

*For University Studies Program course approval, the form Proposal for University Studies Courses must also be completed and submitted according to the instructions on that form.

Provide the following information:

A. Course Description

1. Catalog description.

Supervised practical experience of Wellness Coaching. Under faculty supervision and support, students will work with two clients to develop an individualized wellness plan to meet their health needs, facilitate the behavior changes necessary, and support the maintenance of any changes that are made.

2. Course outline of the major topics and subtopics (minimum of two-level outline).

- Course Introduction
  - Introduction to the wellness coaching relationship
  - Personal Wellness

- Establishing the coaching relationship
  - Ethics, confidentiality, safety
  - Record keeping
  - Building rapport

- Wellness Planning
  - Assessment/information gathering
  - Goal setting

- Facilitating behavior change
Initiating interventions
- Monitoring and assessing change

- Terminating the coaching relationship
  - Facilitating independent maintenance
  - Dealing with relapse and unplanned outcomes
  - Terminating the relationship

3.a Instructional delivery methods utilized: (Please check all that apply).

<table>
<thead>
<tr>
<th>Lecture: Auditorium</th>
<th>ITV</th>
<th>Online</th>
<th>Web Enhanced</th>
<th>Web Supplemented</th>
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<tbody>
<tr>
<td>Lecture: Classroom X</td>
<td>Service Learning X</td>
<td>Travel Study</td>
<td>Laboratory</td>
<td>Internship/Practicum X</td>
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<td>Other: (Please indicate)</td>
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3.b. MnSCU Course media codes: (Please check all that apply).

| 2. CD Rom | 5. Broadcast TV | 8. ITV Receiving |

4. Course requirements (papers, lab work, projects, etc.) and means of evaluation.

Course requirements include:

- A personal wellness plan (75 points)
  Students will write their own wellness plan based on their strengths and weaknesses.

- Five graded client interviews (100 points each)
  Students will, with clients’ permission, record one interview at each of the following stages – relationship establishment, assessment, planning, implementation, maintenance and termination. These will be assessed according to a rubric which evaluates communication skills, ability to motivate, ability to facilitate problem solving and progress.

- Client communication log - submitted at the end of the semester with details of each interview/communication with the client. (100 points)
  Students will be expected to log all contacts with clients and submit logs at the end of the semester.

- A written evaluation of the experience.
  Students will write an evaluation of their experience (75 points)

5. Course materials (textbook(s), articles, etc.).

Textbook:
6. Assessment of Outcomes

The main expected outcome for this course is that students will be able to establish, maintain and terminate a wellness coaching relationship with a client. This outcome will be assessed by the recorded interviews (see above).

7. List of references.


B. Rationale

1. Statement of the major focus and objectives of the course.

Major Focus:

To provide students with practical experience of Wellness Coaching

Objectives:

By the end of this course students should be able to:

- Establish a helping relationship with clients
- Assess the wellness of clients
- Help clients to plan actions that will promote their wellness
- Support clients as they make health promoting changes in their lifestyle and behaviors
- Help clients maintain changes in lifestyle and behaviors
- Terminate a coaching relationship with a client

2. Specify how this new course contributes to the departmental curriculum.

This course is the capstone course for the proposed Wellness Coaching Minor.

3. Indicate any course(s) which may be dropped if this course is approved.

NONE

C. Impact of this Course on other Departments, Programs, Majors, or Minors

1. Does this course increase or decrease the total credits required by a major or minor of any other department? If so, which department(s)? NO

2. Attach letter(s) of understanding from impacted department(s). N/A

Definitions:

01-Satellite:

02- CD Rom:

03- Internet: Predominately = where all, or nearly all, course activity occurs in an online environment. One to two activities may occur face-to-face in a classroom, with the maximum being two activities.

04 – ITV Sending: a course in which students are in the classroom with the instructor, other students join via interactive television technology from other geographically separate locations
05 – Broadcast TV:

06 – Independent Study: a course in which the teacher develops specialized curriculum for the student(s) based on department guidelines in the University course catalog

07 – Taped: a course in which the teacher records the lessons for playback at a later date

08 – ITV Receiving: a course in which students are not in the classroom with the teacher, other students join via interactive television technology from other geographically separate locations

09 – Web Enhanced- Limited Seat Time: For a course in which students are geographically separate from the teacher and other students for a majority of required activities. However, some on-site attendance is required. The course includes synchronous and/or asynchronous instruction.

10 – Web Supplemented- No Reduced Seat Time: For a course utilizing the web for instructional activities. Use of this code may assist your college/university in tracking courses for “smart classrooms” and/or facility usage.

Attach a Financial and Staffing Data Sheet.

Attach an Approval Form with appropriate signatures.

Department Contact Person for this Proposal:

Peter Sternberg  xt. 5693  psternberg@winona.edu
Name (please print)  Phone  e-mail address

[Revised 7/5/07]
WINONA STATE UNIVERSITY
FINANCIAL AND STAFFING DATA SHEET

Course or Program: Practicum in Wellness Coaching

Include a Financial and Staffing Data Sheet with any proposal for a new course, new program, or revised program.

Please answer the following questions completely. Provide supporting data.

1. Would this course or program be taught with existing staff or with new or additional staff? If this course would be taught by adjunct faculty, include a rationale.

There will be a need for one faculty to teach 6 credits per year – 1/4 f.te.

2. What impact would approval of this course/program have on current course offerings? Please discuss number of sections of current offerings, dropping of courses, etc.

None, all courses, except the Practicum in Wellness Coaching, are existing current courses. They will be able to support the addition of up to ten more students in a section without loss of effectiveness. There is an application process to ensure that no more students are accepted than can be accommodated into courses. A committee will meet once a year to decide how many students may be admitted.

3. What effect would approval of this course/program have on the department supplies? Include data to support expenditures for staffing, equipment, supplies, instructional resources, etc.

This course will not affect supplies as existing equipment will be used.

[Revised 9-05]
# WINONA STATE UNIVERSITY

## NEW AND REVISED COURSE AND PROGRAM APPROVAL FORM

Routing form for new and revised courses and programs.

<table>
<thead>
<tr>
<th>Course or Program</th>
<th>Department Recommendation</th>
<th>Dean’s Recommendation</th>
<th>A2C2 Recommendation</th>
<th>Graduate Council Recommendation (if applicable)</th>
<th>Faculty Senate Recommendation</th>
<th>Academic Vice President Recommendation</th>
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7-5-07

[Revised]