Date: August 22, 2013

Department: Health Exercise & Rehabilitative Sciences (HERS)

Course Number: 348  Course Title: Health Coaching – From Theory to Practice

Credits: 2 credits  Prerequisites: HERS 204 and/or consent of instructor; HERS 328 recommended

To be required for Major_____(B.A.),______(B.S.):        for Minor_____(B.A.),____(B.S.)

Elective  __X__

Elective counts toward:  Major____, Minor____, Certification____.

Type of Grading:   __X__ Grade Only or _____P/NC Only or _____P/NC option

Term and year to be offered:  Fall Only

Give Title, brief description and content of the course:

This course will study key issues concerning community health care aimed at developing approaches to supporting patients. Health Coaches will become engaged in the process of educating and motivating identified at risk patients to take an active and meaningful role in their health and well-being. Students will develop a comprehensive series of bio-psycho-social insights for promoting positive health behaviors, enabling patients to move past their preserved obstacles and boosting overall adherence. The process of exploring identified healthcare challenges/opportunities is intended to prepare students for effectively serving as health coaches in the community. This course provides students with the academic foundation for a subsequent Health Coach Internship(s) with Winona Health Services.

Indicate why it is important to offer this course:

This course was designed as a collaborative effort between Winona Health and Winona State University. This course will allow real world experience with patient communication/care, which will enhance their ability to practice as a health care professional and further support applications to graduate programs of their choice.

Department action at meeting date:  August 22, 2013     (Attach Minutes)

Will this course require additional funding?   _____Yes   __X__No
Will this course require additional staff?  _____Yes  __X__No
NOTE: This authorizes the offering of this course only once. One-time course offerings may be offered for University Studies credit only if they are approved by the University Studies Subcommittee and A2C2. If the Department wishes to offer it again, approval must be given according to the prescribed procedures, using the New Course Proposal Form.

SL – 30062 (Dean)
Revised 9-12-96(4-13-05 by A2C2)