



**EFFECTIVE: SEPTEMBER 2008**  
**CURRICULUM GUIDELINES**

A. Division: **Education** Effective Date: **September 2008**

B. Department / Program Area: **Faculty of Child, Family and Community Studies  
Therapeutic Recreation** Revision  New Course

If Revision, Section(s) Revised: **E, G, M, N, P, Q**

Date of Previous Revision: **September 2006**

Date of Current Revision: **January 2008**

C: **THRT 4905** D: **Wellness Coaching** E: **2**

Subject & Course No.	Descriptive Title	Semester Credits						
<p>F: Calendar Description:</p> <p><b>This experiential course introduces the theory and practice of coaching. Students will demonstrate the skills and qualities of a wellness coach as they create alliances with clients who are aiming to achieve high-level wellness and to manifest their full potential in life. Key concepts include: core coaching values and beliefs, essential wellness coaching concepts, skills and processes.</b></p>								
<p>G: Allocation of Contact Hours to Type of Instruction / Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p><b>Learning/Practice</b></p> <p>Number of Contact Hours: (per week / semester for each descriptor)</p> <p><b>40 Hours</b></p> <p>Number of Weeks per Semester:</p> <p><b>Flexible delivery ranging over 1 to 15 weeks</b></p>	<p>H: Course Prerequisites:</p> <p><b>THRT 3504</b></p>							
	<p>I: Course Corequisites:</p> <p><b>NIL</b></p>							
	<p>J: Course for which this Course is a Prerequisite</p> <p><b>NIL</b></p>							
	<p>K: Maximum Class Size:</p> <p><b>30</b></p>							
<p>L: PLEASE INDICATE:</p> <table style="width: 100%;"> <tr> <td style="width: 30px; text-align: center;"><input type="checkbox"/></td> <td>Non-Credit</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td>College Credit Non-Transfer</td> </tr> <tr> <td style="text-align: center;"><input checked="" type="checkbox"/></td> <td>College Credit Transfer:</td> </tr> </table> <p>SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (<a href="http://www.bctransferguide.ca">www.bctransferguide.ca</a>)</p>			<input type="checkbox"/>	Non-Credit	<input type="checkbox"/>	College Credit Non-Transfer	<input checked="" type="checkbox"/>	College Credit Transfer:
<input type="checkbox"/>	Non-Credit							
<input type="checkbox"/>	College Credit Non-Transfer							
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<p>M: Course Objectives / Learning Outcomes Upon successful completion of this course, the student will be able to:</p> <ol style="list-style-type: none"> <li>1. <b>apply core coaching values to the coaching process</b></li> <li>2. <b>analyze essential coaching concepts</b></li> <li>3. <b>apply core wellness principles to the coaching process</b></li> <li>4. <b>apply wellness coaching skills and concepts.</b></li> </ol>
<p>N: Course Content:</p> <p><b>Coaching Values in Practice</b></p> <ul style="list-style-type: none"> <li>• <b>Views people as creative, resourceful and whole</b></li> <li>• <b>Values excellence, realizing maximum human potential</b></li> <li>• <b>Acts upon the principles of self-determination and self-efficacy</b></li> </ul> <p><b>Coaching Concepts</b></p> <ul style="list-style-type: none"> <li>• <b>Co-Active Coaching</b></li> <li>• <b>Active collaboration, alliance between coach and client</b></li> <li>• <b>Fulfillment, balance and process</b></li> <li>• <b>Coaching specialties</b></li> </ul> <p><b>Core Wellness Principles and Coaching</b></p> <ul style="list-style-type: none"> <li>• <b>Illness/Wellness continuum</b></li> <li>• <b>Tenets of wellness</b></li> <li>• <b>Dimensions of wellness, wellness models</b></li> <li>• <b>Lifestyle improvement model</b></li> </ul> <p><b>Health Coaching Skills and Qualities</b></p> <ul style="list-style-type: none"> <li>• <b>Establishing a relationship based upon authenticity and connection</b></li> <li>• <b>Levels of listening</b></li> <li>• <b>Empowerment skills</b></li> <li>• <b>Challenge skills</b></li> <li>• <b>Designing a partnership, collaborating to achieve optimal potential</b></li> <li>• <b>Holding the client's agenda and moving action forward</b></li> <li>• <b>Designing your niche as a coach</b></li> <li>• <b>Wellness mapping: assessment, planning, support and evaluation</b></li> </ul>
<p>O: Methods of Instruction:</p> <ul style="list-style-type: none"> <li>• <b>Lecture/Discussion</b></li> <li>• <b>Role play coaching and feedback</b></li> <li>• <b>Media</b></li> </ul>
<p>P: Textbooks and Materials to be Purchased by Students</p> <p><b>T.B.A.</b></p>
<p>Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations. Typical means of evaluation would include a combination of:</p> <ul style="list-style-type: none"> <li>• <b>Written assignments</b></li> <li>• <b>Presentations</b></li> <li>• <b>Testing</b></li> </ul> <p><b>This is a graded course.</b></p>

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR. If not available for PLAR, please provide rationale.

**Open for PLAR**

**Lee Chamberland, Therapeutic Recreation Faculty**

Course Designer(s):

Education Council / Curriculum Committee Representative

Dean: Jan Carrie

Registrar