

Virginia Western Community College

HLT 217

Exercise and Nutrition for Behavioral Change

Prerequisites

None.

Course Description

Studies the principles of behavioral change. Applies the stages of change as it relates to motivation in the fitness and nutrition industry. (VCCS MCR Description)

A course designed primarily for the Exercise Science and Personal Training student although other disciplines can benefit. Emphasis on client coaching using behavior change models and counseling techniques is stressed. (Additional Description added by the faculty)

Semester Credits: 3

Lecture Hours: 3

Lab/Clinical/Internship Hours: 0

Required Materials

Textbook:

Applied Health Fitness Psychology. Mark H. Anshel. Human Kinetics. ISBN: 9781450400626

Other Required Materials:

Internet Access

Blackboard

Course Outcomes

At the completion of this course, the student should be able to:

- Learn core concepts necessary for building relationships with clients, employers and colleagues.
- Develop an understanding of the Transtheoretical model and be able to apply appropriate support for clients based on where they are in their stage of change.
- To understand why healthy outcomes for clients are so important and learn how to share this with clients in a helpful way.
- To develop and learn ways to work with clients as their coach, helping them set and achieve goals in nutrition and exercise.
- To develop a basic understanding of the joys and challenges faced by professionals in the field of nutrition and exercise training.

Topical Description

1	Ch 1	Understanding the Individual
2	Ch 2	Motivation in Sport and Exercise
3	Ch 3	Attention, Concentration and Cognitive Style
4	Ch 4	The Sport and Exercise Benefit Package
5	Ch 5	Interventions to Influence Performance and Participation
6	Ch 6	Group Dynamics and Leadership in Sports and Exercise

Note to Instructors

Optional Topics:

1. The Nature of Coaching: Approaches that Work
2. Building Relationships with the Client and Employer
3. Classical Conditioning: The Power of Positive Reinforcement