

HLT 217

Exercise and Nutrition for Behavioral Change

COURSE OUTLINE

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

VIRGINIA WESTERN COMMUNITY COLLEGE
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Course Outcomes:

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

- To learn core concepts necessary for building relationships with clients, employers and colleagues.
- To 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.

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Required Materials:

1. Textbook
2. Internet access
3. Blackboard

Textbook:

Human Kinetics

Applied Health Fitness Psychology ISBN 978-1-4504-0062-6

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Topical Description:

Chapter One: Understanding the Individual

Chapter Two: Motivation in Sport and Exercise

Chapter Three: Attention, Concentration, and Cognitive Style

Chapter Four: The Sport and Exercise Benefit Package

Chapter Five: Interventions to Influence Performance and Participation

Chapter Six: Group Dynamics and Leadership in Sports and Exercise

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Optional Topics

The nature of coaching: approaches that work

Building relationships with the client and employer

Classical conditioning: The power of positive reinforcement

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