



CEP580 Behavior Change and Wellness Coaching
(3 credit hours)
Course Syllabus

Course Description

Students will actively study and engage in the psychosocial determinants of the promotion of good health; explore behavior and behavioral risk factors associated with chronic disease; investigate how to effectively cope with and reduce stress; and comprehend the recovery process of health disorders. Student will learn and apply these determinants within theories, models and frameworks of health-related behavior in the context of exercise adoption and adherence.

Course Learning Outcomes

By the end of this course, you will be able to:

1. Distinguish the theoretical foundations of health, behavior, and cognition
2. Demonstrate the relationships between health and psychological performance
3. Evaluate the importance of the environment upon the individual
4. Define the significance of the immune system and psychobiological functioning
5. Analyze the sociological implications of health and well being
6. Identify the role of psychosomatic disorders across the lifespan
7. Evaluate the impact of stress and pain in biological and psychological systems
8. Explore careers within health psychology and related fields

Required Textbook(s) and Resources

Taylor, S. E. (2021). Health Psychology (11th ed.). McGraw-Hill Higher Education.

Be sure to also review the weekly **Explore** sections for additional library or web resources. For access to databases, research help, and writing tips, visit the [Tiffin University Library](#).

Time Commitment

Effective time management is possibly the single most critical element to your academic success. To do well in this online class you should plan your time wisely to maximize your learning through the completion of readings, discussions, and assignments. Because of our accelerated, seven-week term, TU online courses are designed with the expectation that you dedicate a little over **six (6)** hours per credit hour to course activities and preparation **each week**. For example, for successful completion of a three-credit, seven-week online course you should reserve roughly **twenty (20) hours per week**.

To help plan your time and keep on track toward successful course completion, note the distinctive rhythm of assignment due dates:

1. All times assume Eastern Time (GMT-4).
2. Weeks begin at 12:00 a.m. ET on Monday and end at 11:55 p.m. ET on Sunday.
3. Unless otherwise noted, initial assignments or discussion posts are due by **11:55 p.m. ET on Wednesdays**.
4. Additional assignments or follow-up discussion posts are due by **11:55 p.m. ET on Saturdays, and**
5. Major assignments and reflections are typically due by **11:55 p.m. ET on Sundays**.

Learning Activities

You will engage in various activities both online and actively offline throughout the course to fulfill the learning outcomes. You will participate in the forum, prepare for a presentation and workshop, write essays, log your physical and mental activity, and create an exercise, wellness, and career plan. These activities will help you distinguish theoretical foundations, demonstrate relationships between health and psychological performance, evaluate the impact of the environment, understand the significance of the immune system and psychobiological functioning, analyze sociological implications, identify psychosomatic disorders, evaluate the impact of stress and pain, and explore career options in health psychology and related fields.

Grading and Points Distribution

The chart below identifies the individual contributions from each type of activity, per week.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Total
Forum Activity 1.1 (n/a) Activity 1.2 (40)	Forum Activity 2.1 (40)	Forum Activity 3.1 (40)	Forum Activity 4.1 (40)	Forum Activity 5.1 (40)	Forum Activity 6.1 (40)	Forum Activity 7.1 (40)	280
Assignment Activity 1.3 (100)	Assignment Activity 2.2 (100)	Assignment Activity 3.2 (100)	Assignment Activity 4.2 (100)	Assignment Activity 5.2 (100)	Assignment Activity 6.2 (100)	Assignment Final Activity 7.2 (120)	580
140	140	140	140	140	140	160	1000

Grading Scale

A: 90-100% | B: 80-89% | C: 70-79% | F: <69%

Course Schedule and Weekly Checklist

Topic	Learning Activities (Due by 11:55 p.m. ET on day designated)
Start Here	<input type="checkbox"/> MON: Activity 1.1: Meet Your Peers
Week 1: Health psychology fundamentals Mind-body relationship Biopsychosocial model in coaching Psychological factors and well-being	<input type="checkbox"/> WED: Activity 1.1: Meet Your Peers - Secondary Post <input type="checkbox"/> WED: Activity 1.2: Personal Health Behavior Reflection <input type="checkbox"/> SUN: Activity 1.3: Research Exercise Benefits

<p>Week 2:</p> <p>Health Behaviors and Promotion</p> <p>Transtheoretical Model of Behavior Change</p> <p>Development of Personalized Wellness Plans</p>	<ul style="list-style-type: none"> <input type="checkbox"/> WED: Activity 2.1: Develop Exercise Adherence Strategies <input type="checkbox"/> SUN: Activity 2.2: Physical Activity Log
<p>Week 3:</p> <p>Stress & Wellness Impact</p> <p>Effective Techniques</p> <p>Personalized Plans</p>	<ul style="list-style-type: none"> <input type="checkbox"/> WED: Activity 3.1: Mindfulness and Exercise Reflection <input type="checkbox"/> SUN: Activity 3.2: Stress Management Presentation
<p>Week 4:</p> <p>Effective Communication</p> <p>Health Services Utilization</p> <p>Social Support & Patient-Practitioner Interactions</p>	<ul style="list-style-type: none"> <input type="checkbox"/> WED: Activity 4.1: Social Support and Coping Strategies Survey <input type="checkbox"/> SUN: Activity 4.2: Patient-Practitioner Communication
<p>Week 5:</p> <p>Chronic Health Implications</p> <p>Rehabilitation Adherence Factors</p> <p>Psychosomatic Illness</p> <p>Supporting Strategies</p>	<ul style="list-style-type: none"> <input type="checkbox"/> WED: Activity 5.1: Psychosomatic Illnesses <input type="checkbox"/> SUN: Activity 5.2: Psychological Implications

<p>Week 6:</p> <p>Chronic Health Effects</p> <p>Adherence Factors</p> <p>Support Strategies</p>	<ul style="list-style-type: none"> ❑ WED: Activity 6.1: Personal Exercise Plan Development ❑ SUN: Activity 6.2: Rehabilitation Exercise Plan Development
<p>Week 7:</p> <p>Emerging Trends Analysis</p> <p>Career Exploration</p> <p>Personal Career Plan</p>	<ul style="list-style-type: none"> ❑ WED: Activity 7.1: Emerging Trends and Future Challenges Analysis ❑ SAT: Activity 7.2: Personal Career Plan

Tips for Success

Successful online learning requires a good deal of self-discipline and self-direction. As seekers of the truth, we should be willing to challenge and review one another's academic work in a spirit of respectful comradery and constructiveness. Your course is a place for you to stretch and grow as you benefit from the expertise, knowledge, experience and diverse perspectives of your instructor and peers. Constructive feedback will challenge you to stretch your own thinking, thereby expanding your knowledge, understanding and application.

To get the most out of your learning experience, you should actively engage (participate) in **ALL** course activities. Your Instructor Will Expect You to:

- Thoroughly review orientation materials (Start Here) within the first 48 hours of the term.
- Monitor your TU email account **daily** for important updates and announcements.
- Take ownership of your learning experience and act in a proactive, self-directed manner. That means:
 - Fully participate in all learning activities.
 - Complete assignments as described in rubrics or other instructions.
 - Submit all work on time and in the specified format (e.g. APA format for citations).
 - Utilize and incorporate instructor provided feedback to improve your work.
 - Ask questions so you can better understand course material or assignments.

- Use the highest standards of intellectual honesty and integrity. For more information, see the TU Library guide: [Digital Literacy: Netiquette and Internet Safety](#).
- Treat others respectfully and demonstrate "netiquette" (online politeness and respectfulness) at all times. TU celebrates cultural uniqueness and expects all students to be considerate and thoughtful throughout their learning experiences.

For More Information:

Be sure to review the [Support, Policies, and Procedures](#) addendum.