

KPE 366

 COURSE NAME / NUMBER

LEARNING OBJECTIVES / GOALS / OUTCOMES/ LEARNING OUTCOMES:

1. To increase awareness and understanding of the phenomena involved in the helping relationship between fitness professionals and their clients.
2. To develop an ability to systematically analyse, investigate and assess psychological effects in sport and physical activity/exercise.
3. To identify and appreciate practical implications for individuals pursuing a healthy lifestyle.
4. To provide practical experience and develop practical capabilities in students' counselling skills.
5. To develop an ability to communicate effectively on the topic and with those involved.
6. To contribute to fieldwork research skills and time and project management skills in students.
7. To improve abilities in producing effective fieldwork research reports.
8. To contribute to the refinement of student goals/aspirations in the area.
9. To identify methods and resources for further learning in the area.
10. To provide a satisfying and enjoyable learning experience.

METHODS:

Lecture, class discussion, research, role playing, real life scenario debriefing, self evaluation.

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR YES X NO

METHODS OF OBTAINING PLAR:

Articulated transfer credit
 Portfolio assessment
 Challenge exam

TEXTBOOKS, REFERENCES, MATERIALS:Required text:

Hunt, P. and Hillsdon, M. (1996). *Changing Eating & Exercise Behavior. A handbook for professionals*. Oxford, London: Blackwell Science.

Reserve Readings:

Additional readings will be assigned from time to time. These will be available in the Library Reserved Reading Services.

Related Journals:

Journal of Applied Sport Psychology
 The Sport Psychologist
 Journal of Sport and Exercise Psychology
 International Journal of Sport Psychology
 Psychology of Motor Behaviour and Sport
 Journal of Sport Behaviour
 Canadian Journal of Applied Sport Sciences
 CAHPER Journal
 Coaching Review
 Coaching Science Update

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TEXTBOOKS, REFERENCES, MATERIALS (contd.)Related Books and Readings:

The University College of the Fraser Valley has and is acquiring an impressive inventory of books on sport psychology and related topics. Please see the instructor early for any topic/book "search" requests that cannot be handled by the Library Reference Department.

SUPPLIES / MATERIALS:

Video tape and monitor
Reserve readings

STUDENT EVALUATION:

Written tests (2 x 25%)	50%
Self evaluation/reflection report	15%
Transcript and reflection of video-taped interview	25%
Presentation/participation/contribution	10%

All components outlined will be graded out of the percentage indicated. At the end of the course a final percentage out of 100% will be calculated. In assigning letter grades, the instructor will look for logical groupings and breaks in the percentage distribution. The following breakdown outlines an approximation of what normally occurs **but students are reminded that grade ranges may not be exactly as outlined.**

A+	96-100
A	91-95
A-	86-90
B+	81-85
B	76-80
C+	71-75
C	61-70
D	50-60
F	<50

COURSE CONTENT:

- Session 1: Introduction
Review and overview
Theories of counselling
The role of counselling in the health care profession
- Session 2: The helping relationship
- Session 3: Ownership/responsibility
Personalizing/deficits
- Session 4: Structuring sessions
False deficits
- Session 5: Telling the story/new perspectives
Probing and summarizing
- Session 6: Problem-solving/action planning
Preparing for action

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COURSE CONTENT: (contd.)

Session 7: Maintaining change
 Integration of two styles

Session 8: When maintenance fails
 Decision-making

Session 9: Weight management

Session 10: Advanced skills
 Managing referrals