

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

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

COURSE NAME / NUMBER

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