



ORIGINAL COURSE IMPLEMENTATION DATE: September 2008  
 REVISED COURSE IMPLEMENTATION DATE: September 2018  
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024  
 Course outline form version: 09/15/14

## OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

**Note: The University reserves the right to amend course outlines as needed without notice.**

<b>Course Code and Number:</b> KIN 366		<b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>																	
<b>Course Full Title:</b> Applied Counselling Skills for Fitness Professionals																			
<b>Course Short Title (if title exceeds 30 characters):</b> Counselling Skills for Fitness																			
<b>Faculty:</b> Faculty of Health Sciences		<b>Department (or program if no department):</b> Kinesiology																	
<b>Calendar Description:</b> <p>Studies the application of basic applied counselling skills used by consultants, instructors, and professionals in the fitness industry. Introduces students to various theories and methods of counselling with an emphasis placed on behavioral change models. Combines theory and the practical application of these theories reflecting the context of the fitness professional.</p> <p>Note: Students with credit for KPE 366 cannot take this course for further credit.</p>																			
<b>Prerequisites (or NONE):</b>		Admission to the Bachelor of Kinesiology degree and 54 university-level credits including KIN 266 (formerly KPE 266). Note: As of January 2019, prerequisites will change to: Admission to the Bachelor of Kinesiology degree and 60 university-level credits including KIN 266 (formerly KPE 266). Note: Students who have declared a Kinesiology minor can contact the department for permission to register.																	
<b>Corequisites (if applicable, or NONE):</b>		NONE																	
<b>Pre/corequisites (if applicable, or NONE):</b>		NONE																	
<b>Equivalent Courses (cannot be taken for additional credit)</b> Former course code/number: <b>KPE 366</b> Cross-listed with: Equivalent course(s): <b>KPE 366</b> <i>Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.</i>		<b>Transfer Credit</b> Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Transfer credit requested (OReg to submit to BCCAT): <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form) Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> .																	
<b>Total Hours: 45</b> <b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr><td>Lecture hours</td><td style="text-align: center;">45</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td></td></tr> <tr><td>Field experience hours</td><td></td></tr> <tr><td>Experiential (practicum, internship, etc.)</td><td></td></tr> <tr><td>Online learning activities</td><td></td></tr> <tr><td>Other contact hours:</td><td></td></tr> <tr><td style="text-align: right;"><b>Total</b></td><td style="text-align: center;"><b>45</b></td></tr> </table>		Lecture hours	45	Seminars/tutorials/workshops		Laboratory hours		Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		<b>Total</b>	<b>45</b>	<b>Special Topics</b> Will the course be offered with different topics? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, different lettered courses may be taken for credit: <input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit <i>Note: The specific topic will be recorded when offered.</i>	
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<b>Total</b>	<b>45</b>																		
		<b>Maximum enrolment (for information only):</b> 36																	
		<b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> annually																	
<b>Department / Program Head or Director:</b> Alastair Hodges		<b>Date approved:</b> October 2017																	
<b>Faculty Council approval</b>		<b>Date approved:</b> October 2017																	
<b>Campus-Wide Consultation (CWC)</b>		<b>Date of posting:</b> November 24, 2017																	
<b>Dean/Associate VP:</b> Joanne MacLean		<b>Date approved:</b> October 2017																	
<b>Undergraduate Education Committee (UEC) approval</b>		<b>Date of meeting:</b> March 23, 2018																	

**Learning Outcomes**

Upon successful completion of this course, students will be able to:

1. Analyze, investigate and assess psychological effects in sport and physical activity/exercise.
2. Describe practical implications for individuals pursuing a healthy lifestyle.
3. Develop skills and practical capabilities in counselling.
4. Develop an ability to communicate effectively on the topic and with those involved.
5. Produce effective fieldwork research reports.

**Prior Learning Assessment and Recognition (PLAR)**

Yes       No, PLAR cannot be awarded for this course because

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

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

**Grading system:** Letter Grades:  Credit/No Credit:  Labs to be scheduled independent of lecture hours: Yes  No

**NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.**

**Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)**

	Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1.	Egan, G. & Schroeder.W.	The Skilled Helper, 1 <sup>st</sup> Canadian Edition	<input checked="" type="checkbox"/>	Nelson Books	2009
2.			<input type="checkbox"/>		
3.			<input type="checkbox"/>		
4.			<input type="checkbox"/>		
5.			<input type="checkbox"/>		

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

Video tape and monitor, reserve readings

**Typical Evaluation Methods and Weighting**

Final exam:	%	Assignments:	40%	Midterm exam:	%	Practicum:	%
Quizzes/tests (2x25%):	50%	Lab work:	%	Field experience:	%	Shop work:	%
Small Assignment sets:	10%	Other:	%	Other:	%	Total:	100%

**Details (if necessary):**

**Typical Course Content and Topics**

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
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