UNIVERSITY COLLEGE of the FRASER VALLEY

COURSE IMPLEMENTATION DATE:
COURSE REVISED IMPLEMENTATION DATE: Sept 2003
COURSE TO BE REVIEWED: May 2007
(Four years after implementation date) (MONTH YEAR format)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.
Shaded headings are subject to change at the discretion of the department and the material will vary - see course syllabus available from instructor

FACULTY/DEPARTMENT: **Continuing Studies**

LSC513		**2**
COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS

Coaching Skills
COURSE DESCRIPTIVE TITLE

CALENDAR DESCRIPTION:

The function of coaching will be examined including creating an environment conducive to learning, establishing models of behaviour, introducing new values and examining current value-structures, facilitating communication flow, participating as an expert and as a group member. The participant will develop expertise in essential life skills coaching such as role-playing, questioning techniques, use of the case method, leading group discussions, modeling and creating structured experiences.

PREREQUISITES: **completion of LSC511**
COREQUISITES:

SYNONYMOUS COURSE(S)
(a) Replaces: _____ *(Course #)*
(b) Cannot take: _____ *(Course #)* for further credit.

SERVICE COURSE TO: _____ *(Department/Program)* _____ *(Department/Program)*

TOTAL HOURS PER TERM: **30**
STRUCTURE OF HOURS:

Lectures:	Hrs
Seminar:	Hrs
Laboratory:	Hrs
Field Experience:	Hrs
Student Directed Learning:	Hrs
Other (Specify):	Hrs

TRAINING DAY-BASED INSTRUCTION
LENGTH OF COURSE: **30 hrs**
HOURS PER DAY: **6**

MAXIMUM ENROLLMENT: **20**
EXPECTED FREQUENCY OF COURSE OFFERINGS: **once a year**
WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only) ☐ Yes ☐ No
WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department) ☐ Yes ☐ No
TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE: ☐ Yes ☐ No

AUTHORIZATION SIGNATURES:

Course Designer(s): Cheryl Isaac
Chairperson: *(Curriculum Committee)*
Department Head:
Dean: Karen Evans
PAC Approval in Principle Date:
PAC Final Approval Date: May 28, 2003

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

Learning Outcomes:
Upon successful completion of this course, the participant will be able:
To understand models of coaching and demonstrate effective life skills coaching

Course Objectives:
1. Discover personal coaching styles in relationship to other styles
2. Apply a variety of styles into various situations
3. Explore the different models, theories, definitions and components of coaching

METHODS:

Lecture, demonstrations, videos, large & small group discussion

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check :) ☒ Yes ☐ No

METHODS OF OBTAINING PLAR:

Transfer of credit
Challenge
Portfolio

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]
In order to keep current in the field of career advising, texts are updated regularly. Students will be given the names of the required text prior to the beginning of each course.
Course pack available for purchase at UCFV bookstore

SUPPLIES / MATERIALS:

n/a

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

Participation – attendance, class discussion, role plays	30%
Written assignments – journal, critiques, course paper	35%
In-class presentation – group/individual	35%

Grading:
All courses in the Life Skills Coaching Certificate Program are offered on a letter-grade basis. As they are competency based, it is necessary that a minimum of 70% average be achieved in the program. Students must attend and participate in all classes and complete assignments satisfactorily. At the discretion of the instructor, a student may be allowed to redo an assignment if there are only minor problems with it.

Each course requires students to keep a journal, demonstrating critical thinking skills. In addition, each course has assignments particular to the focus of that course. Each assignment is worth the number of points indicated below. The marks a student receives for the assignments will be added together for a total course mark. The final sum will be converted to a letter grade. Any total below 60 will receive no credit (Ncr)

96 – 100%	A+	81 – 85%	B+	66 – 69%	C+
91 – 95	A	76 – 80	B	61 – 65	C
86 – 90	A-	70 – 75	B-	56 – 60	C

Please Note Regarding Attendance:

The courses in this program are very condensed, so it is essential that you attend all sessions.

- If you miss one session (one day/one class) or part of a session:
  - You will be required to complete an assignment equal in length to the time missed.
- If you miss two sessions (2 days/2 classes) in one of the courses in this program:
  - You will be dropped from the course and you will have to repeat it.
- If you miss more than three sessions (days/classes) throughout the entire program (i.e. LSC 511, 501, 502, 512, & 530 (inclusive):
  - You may be dropped from the LSC program.

COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

examine coaching models and concepts and styles
examine core values and beliefs
examine personal styles of coaching