

Clackamas Community College

Online Course/Outline Submission System

Section #1 General Course Information**Department:**Health/PE/Athletics**Submitter**

First Name: Tracy

Last Name: Nelson

Phone: 3274

Email: tracyn

Course Prefix and Number:HE - 277

Credits:3**Contact hours**

Lecture (# of hours): 33

Lec/lab (# of hours):

Lab (# of hours):

Total course hours: 33

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

Course Title:The Health Coach**Course Description:**

A focus on the psychological aspects of weight management, as well as more in-depth coverage of the physiology of obesity and the techniques of lifestyle coaching. Students will be prepared to take the ACE certified Health Coach exam with successful completion of the course.

Type of Course:Lower Division Collegiate**Reason for the new course:**

Up and coming career in the Fitness Industry.

Is this class challengeable?**No**

Can this course be repeated for credit in a degree?

No

Is general education certification being sought at this time?

No

Does this course map to any general education outcome(s)?

No

Is this course part of an AAS or related certificate of completion?

No

Are there prerequisites to this course?

No

Are there corequisites to this course?

No

Are there any requirements or recommendations for students taken this course?

No

Are there similar courses existing in other programs or disciplines at CCC?

No

Will this class use library resources?

No

Is there any other potential impact on another department?

No

Does this course belong on the Related Instruction list?

Yes

Area:Physical Education/Health

GRADING METHOD:

A-F Only

Audit:No

When do you plan to offer this course?

✓ Winter**✓ Not every year**

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

No

Will this course appear in the college catalog?

Yes

Will this course appear in the schedule?

Yes

Student Learning Outcomes:

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

1. identify the most current, complete picture, of the knowledge, instructional and counseling techniques and professional responsibilities to safely and effectively help clients make appropriate lifestyle changes;
2. apply the information learned in the course to successfully complete the ACE Health Coach certification,
3. explain and apply the anatomy, kinesiology and exercise physiology when working with a client;
4. display effective communication skills,
5. design and effective workout plan for different populations and abilities.

This course does not include assessable General Education outcomes.

Major Topic Outline:

1. Exercise science.
2. Behavioral science.
3. Nutritional science.
4. Screening, assessment, and referral.
5. Special considerations.
6. Legal, professional, and ethical responsibilities.

Does the content of this class relate to job skills in any of the following areas:

- | | |
|--------------------------------------|-----------|
| 1. Increased energy efficiency | No |
| 2. Produce renewable energy | No |
| 3. Prevent environmental degradation | No |
| 4. Clean up natural environment | No |
| 5. Supports green services | No |

Percent of course:0%

Section #2 Course Transferability

Concern over students taking many courses that do not have a high transfer value has led to increasing attention to the transferability of LDC courses. The state currently requires us to certify that at least one OUS school will accept a

new LDC course in transfer. Faculty should communicate with colleagues at one or more OUS schools to ascertain how the course will transfer by answering these questions.

1. Is there an equivalent lower division course at the University?
2. Will a department accept the course for its major or minor requirements?
3. Will the course be accepted as part of the University's distribution requirements?

If a course transfers as an elective only, it may still be accepted or approved as an LDC course, depending on the nature of the course, though it will likely not be eligible for Gen Ed status.

Which OUS schools will the course transfer to? (Check all that apply)

Identify comparable course(s) at OUS school(s)

How does it transfer? (Check all that apply)

general elective

:

First term to be offered:

Specify term: Winter
