

# EXS 4500 (Formerly EXS 460) – HEALTHY LIFESTYLE CHOICES

## Winter 2018 Course Syllabus

Division: School of Health Sciences  
Program: Exercise Science CRN 12728  
Term/Year: Winter 2018  
Location: **SFH 170**  
Date/Time: Thursday 5:30-7:17pm  
Instructor: Terry L. Dibble, MS  
Office Hours: Monday/Wednesday 1:00-3:00pm  
Tuesday-Thursday 10:00-12:30am  
After class or by appointment  
Office Loc: 3135 Human Health Building  
Office Phone: 248.364-8663  
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### **COURSE MATERIALS:**

#### **Required Reading:**

Wellness Coaching for Lasting Lifestyle Change. Arloski. 2<sup>nd</sup> Edition. Whole Person Associates 2014  
Articles on Moodle

#### **Suggested Reading:**

Coaching Psychology Manual. Moore/Tschannen-Moran  
ACSM's Guidelines for Exercise Testing and Prescription. 7<sup>th</sup> Edition.  
ACSM Resource Manual for Exercise Testing and Prescription. 4<sup>th</sup> Edition  
"Changing for Good" James O. Prochaska, PhD, et al  
"Relapse Prevention" Marlatt/ Gordon (1985) Guilford  
"Motivational Interviewing, Preparing People to Change Addictive Behavior". Miller/Rollnick. Guilford Press.  
"The Power of Full Engagement" Loehr/Schwartz. Free Press.  
Articles posted on Moodle.  
"Excuses Begone" Wayne Dyer

**EXPANDED COURSE DESCRIPTION:** This course is designed to provide the student with the knowledge and tools to effectively promote positive change to lifestyle behaviors detrimental to an overall quality of life. The course will examine the bio-psycho-social theoretical models, concepts and challenges associated with making change. Along with the notion of making change, the course will explore the theoretical rationale, models and interventions employed in a relapse prevention program. A focus on the Dimensions of Wellness, the belief window, the health behavior models, the psychological components of health behavior change, the concepts of relapse prevention and the application of these concepts to specific lifestyle behaviors.

### **COURSE OBJECTIVES**

By the conclusion of this course, students will:

1. Be able to understand the interrelationships of the 6 Dimensions of Wellness and their impact on quality of life.
2. Know and understand how people make choices and what the bio-psycho-social determinants are.
3. Gain the skills and abilities, as a health professional, to assess, identify and implement change to improve quality of life.
4. Understand the relapse prevention model and apply this model in a comprehensive lifestyle change program.

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5. Gain an appreciation for the difficulties in making change from an individual and professional position.
6. Apply your learning to become a more effective wellness provider.
7. Recognize the lifestyle factors associated with poor health and implement the appropriate behavior model.

**COURSE ORGANIZATION:** Materials will be presented primarily in the form of lectures, group discussions, and reading assignments from the handouts and Moodle. Lectures will cover points to be learned and will direct your study from the materials covered in class. Thus, you should attend class, pay attention while there, and take notes over the material. You should plan on two hours of study outside of class for every hour of lecture. The materials in the latter part of the course will be based upon materials in the first part of the course; therefore, you will have to commit the material to long term memory. The course lectures and reading materials will be available on Moodle. All course assignments will be submitted on Moodle unless otherwise indicated. Students will be required to post discussions to some of the assignments as indicated in the syllabus.

**GRADING:** Your grade will be based upon the total points earned on examinations, assignments, and quizzes (undergrad= 910 points for the semester).

### GRADING SCALE

A	100%	4.0	B	89%	3.8	C	79%	3.1	D	69%	2.1
	99%	4.0		88%	3.8		78%	3.0		68%	2.0
	98%	4.0		87%	3.7		77%	2.9		67%	1.9
	97%	4.0		86%	3.7		76%	2.9		66%	1.8
	96%	4.0		85%	3.6		75%	2.8		65%	1.7
	95%	4.0		84%	3.5		74%	2.7		64%	1.7
	94%	4.0		83%	3.4		73%	2.6		63%	1.5
	93%	3.9		82%	3.3		72%	2.5		62%	1.4
	92%	3.9		81%	3.2		71%	2.3		61%	1.3
	91%	3.9		80%	3.1		70%	2.2		60%	1.0
	90%	3.8									
									F	□59%	0.0

**Exams:** There will be 2 exams given throughout the semester (see schedule). **The exams are worth 100 points each.** Exam 1 will be submitted on line and must be submitted on the day it is scheduled in the syllabus. Exam 2 will be completed in class. Total points for the exams are 200.

**WELLNESS PLANNING;** Students will work with a wellness client (can be a classmate or someone outside of class) and develop a wellness plan. Each student will be responsible for turning in a typed report on their wellness client. **This report is worth 300 Total points. There will be 4 parts to this assignment. An Initial report -100 points, 2 updates worth 50 points each, and a final report worth 100 points. Submit typed reports on Moodle.** See Moodle for the requirements for each part of the report.

**WRITING ASSIGNMENTS:** Students will be expected to submit a written assignment on the assigned article readings. They will be submitted on Moodle on the scheduled days. The total for these assignments is 220 points. **The LTD Assignments must be submitted to Moodle by 11:55pm the day they are due.**

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**Learning Through Discussion:** LTD is a teaching method design to encourage class participation, reading, and deeper thought about the issues discussed in class. More detail will be posted on Moodle. Students will be responsible for turning in an outline for the assigned articles. There will be 4 LTD assignments each worth 30 points.

**Chapter Reports: These reports will be completed in class.** Students will present a PPT over the assigned reading materials. Your presentation will be worth 100 points. This will be a group assignment. In addition, each student is required to submit answers from the presentations. There will be 100 points, 10 points per presentation. This will allow you to miss four of the presentations. The PPT will be submitted to Moodle. The answer sheets will be turned in in class.

**SWOT ANALYSIS: Each student will be required to complete this analysis. The format is posted on Moodle. I would like you to use this to analyze your success in this course. This is worth 100 points. This will be submitted on Moodle.** Students must complete the SWOT assignment. This is an opportunity for each of you to evaluate your strengths, weaknesses, opportunities and threats to complete this course. There should be no excuses for turning in an assignment late. If you have computer issues then you need to make sure you have a “Plan B”.

<u>Evaluation/Grading</u>	<u>Course Points</u>	<u>Due Dates</u>
Writing Assignments (4)	120	See schedule
Chapter Reports	190	See schedule
SWOT Analysis	100	Jan. 11 <sup>th</sup>
Wellness Report	300	See Schedule
2 Exams	<u>200</u>	Feb. 14 <sup>th</sup> /April 5 <sup>th</sup>
<b>Undergrad total</b>	<b>910</b>	

### EXPECTATIONS OF STUDENTS:

- Assigned readings must be completed prior to attendance at each class.
- Attendance is expected at all classes. Attendance will be randomly taken.
- Must complete 4 LTD
- Must complete 1 chapter reports
- Must complete 2 exams.
- A wellness Plan must be completed.
- Students with disabilities who may require special considerations should make an appointment to bring their needs to the attention of the instructor.

**NOTE: Failure to submit an assignment by 11:55pm on a due date will result in a 5 point mark reduction, and if more than one day late (after 6:00pm following the due date) a zero grade for that assignment.**

**NOTE: Failure to submit ALL REQUIRED ASSIGNMENTS FOR THE COURSES will result in an incomplete (I) grade until all course expectations are fulfilled. Failure to subsequently fulfill all expectations will result in a failing grade. Incomplete grades must be initiated by the student. The student must be passing the class in order to be eligible for an “I” grade.**

**In addition, it is an expectation that students pass all individual sections of the evaluation, namely the literature critiques, projects, and quizzes. Failure to pass all sections may result in failing the course.**

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**SESSIONS:** This represents a tentative schedule and may be changed at the instructor’s discretion.

<b>Jan. 4<sup>th</sup></b>	<b>Introduction and review of syllabus. Vision/Planning/Goals, Client Assessment, Are You Ready to Change?</b>
<b>Jan. 11<sup>th</sup></b>	<b>Submit SWOT analysis to Moodle by 11:55pm. Self-Determination Theory</b>
<b>Jan. 18<sup>th</sup></b>	<b>Submit LTD #1 Personal Balance to Moodle by 11:55pm. Motivation.</b>
<b>Jan. 25<sup>th</sup></b>	<b>Self-Determination Theory. Self-Efficacy and Self-Esteem. <b>Wellness Report-Initial.</b></b>
<b>Feb. 1<sup>st</sup></b>	<b>Transtheoretical Model Submit LTD #2 Stages of Change to Moodle by midnight.</b>
<b>Feb. 8<sup>th</sup></b>	<b>Motivational Interviewing. <b>Exam #1</b> opens February 8th. Due by 11:55pm February 14<sup>th</sup></b>
<b>Feb. 15<sup>th</sup></b>	<b>Motivational Interviewing. <b>Wellness Report-Update 1.</b></b>
<b>Feb. 22<sup>rd</sup></b>	<b><b>Winter Break No Class this week.</b></b>
<b>March 1<sup>st</sup></b>	<b>Appreciative Inquiry. Health Action Process Approach</b>
<b>March 8<sup>th</sup></b>	<b>Submit LTD #3 Health Action Process Approach to Moodle by 11:55pm.</b>
<b>March 15<sup>th</sup></b>	<b><b>Wellness Report- Update 2.</b></b>
<b>March 22<sup>nd</sup></b>	<b>Relapse Prevention. Submit LTD #4 Relapse Prevention to Moodle by 11:55pm.</b>
<b>March 29<sup>th</sup></b>	<b>Relapse Prevention..</b>
<b>April 5<sup>th</sup></b>	<b><b>Exam 2 will be completed in class.</b></b>
<b>April 12<sup>th</sup></b>	<b>Discussion of clients in class. Graduate students only: Report on Semester Assignment. All students are required at this class. <b>Wellness Report–Final Report.</b></b>