



Master Course Syllabus

For additional course information, including prerequisites, corequisites, and course fees, please refer to the Catalog: <https://catalog.uvu.edu/>

Semester: Spring

Year: 2025

Course Prefix: HLSC

Course and Section #: 2750 X01

Course Title: Supervised Coaching

Credits: 1

Course Description

Provides health coaching sessions with clients in a monitored teaching environment. Critically evaluates experiences and facilitates change, in a low stakes environment. May be Graded Credit/No Credit.

Course Attributes

This course has the following attributes:

- General Education Requirements
- Global/Intercultural Graduation Requirements
- Writing Enriched Graduation Requirements
- Discipline Core Requirements in Program
- Elective Core Requirements in Program
- Open Elective

Other: *Click here to enter text.*

Instructor Information

Instructor Name: Merilee Larsen DrPH, NBHWC & Melinda Barber MS, NBHWC & Stephanie Lutz, MPH, NBHWC

Student Learning Outcomes

1	Utilize client assessments to use in a coaching setting.
2	Practice health coaching through one-on-one coaching sessions.
3	Implement coaching mentor feedback into client practice.
4	Analyze coaching sessions for client progress.

Course Materials and Texts

- **Textbook:**
 - Wellness Coaching for Lasting Lifestyle Change – 2nd ed - Arloski
 - ISBN-13: 978-1-57025-321-8

Course Requirements

Course Assignments, Assessments, and Grading Policy

ASSIGNMENT	DUE DATE	POINTS
<p>#1: Peer Reviews</p> <p>You will be required to record (audio only) 20-30 minutes of three (3) different coaching sessions. You will upload them for your peers to review and give feedback. You will be required to give feedback on three of your peers coaching sessions as well.</p> <p>(1.4., 1.5.1.2., 4.1.2., 4.1.6.)</p>	Varies	50 points each
<p>#2: 1-on-1 Mentoring with Professor</p> <p>For this assignment, you will need to schedule three meetings with us. We will meet virtually and go through two sections of the health coaching practice, where we are the client, and you are the health coach. Each meeting will be 60 minutes. 30 minutes of coaching and 30 minutes of feedback.</p> <p>(3.1. – 3.10, 4.1.2, 4.1.6.)</p>	Varies	100 points each
<p>#3: Other Assignments</p> <p>Other small assignments will be periodically given. They may be a small paper or discussion.</p> <p>(4.3.6., 4.3.8.)</p>	Varies	5-10 points each
<p>#4: Peer and Mentoring Reflections</p> <p>You will be writing up a small reflection for each of the peer reviews and professor mentoring sessions.</p> <p>(4.3.6., 4.3.8.)</p>	Varies	5 points each
<p>#5: Practical Final</p> <p>For your final practical exam, you will be going through the ongoing coaching session with the professor over Teams (audio only). This will be a timed test (30 minutes). The professor will act as the client. A historical information sheet will be provided about the client, for the student to read before the test.</p> <p>(1.4.1, 3.1-3.10)</p>	Varies	Pass/Fail
THERE IS NO LATE WORK ALLOWED IN THIS COURSE!		

No late work will be allowed without written documentation of a medical excuse or notice of university-sponsored events, religious observances, or legal obligations prior to the assignment deadline.

Final grades are rounded to the nearest tenth and assigned the corresponding letter grade:
A = 93-100 A - = 90-92.9 B+ = 87-89.9 B = 83-86.9 B - = 80-82.9 C+ = 77-79.9 C = 73-76.9
C - = 70-72.9 D+ = 67-69.9 D = 63-66.9 D - = 60-62.9 F = 0-59.9

Required or Recommended Reading Assignments

None

General Description of the Subject Matter of Each Lecture or Discussion

Discussions: Students provide reflective feedback about their coaching sessions with the instructor and their peer reviews.

Required Course Syllabus Statements

Generative AI

Artificial Intelligence (AI) Expectations and Requirements

Students are permitted and encouraged to utilize AI tools and resources as part of their class assignments and studies. AI can be a valuable asset for research, content generation, data analysis, and more. However, students must use these tools responsibly and ethically.

When using AI, you should:

- **Acknowledge Assistance:** Clearly indicate when and how AI tools have been used in your work. Properly cite any AI-generated content or contributions as you would with any other source.
- **Maintain Academic Integrity:** Ensure that your use of AI does not compromise the originality of your work. Avoid using AI for tasks that should be completed independently, such as exams or assignments requiring personal reflection.
- **Verify Accuracy:** Be critical of the information generated by AI, as it may not always be accurate or appropriate. Always verify and cross-check information from reliable sources.

Responsible use of AI can enhance your learning experience and provide valuable insights. However, misuse or over-reliance on AI can hinder your academic development. Use these tools thoughtfully and in alignment with the college's academic integrity policies.

Using Remote Testing Software

This course does not use remote testing software.

This course uses remote testing software. Remote test-takers may choose their remote testing locations. Please note, however, that the testing software used for this may conduct a brief scan of

remote test-takers' immediate surroundings, may require use of a webcam while taking an exam, may require the microphone be on while taking an exam, or may require other practices to confirm academic honesty. Test-takers therefore shall have no expectation of privacy in their test-taking location during, or immediately preceding, remote testing. If a student strongly objects to using test-taking software, the student should contact the instructor at the beginning of the semester to determine whether alternative testing arrangements are feasible. Alternatives are not guaranteed.

Required University Syllabus Statements

Accommodations/Students with Disabilities

Students needing accommodations due to a permanent or temporary disability, pregnancy or pregnancy-related conditions may contact UVU [Accessibility Services](#) at accessibilityservices@uvu.edu or 801-863-8747.

Accessibility Services is located on the Orem Campus in BA 110.

Deaf/Hard of Hearing students requesting ASL interpreters or transcribers can contact Accessibility Services to set up accommodations. Deaf/Hard of Hearing services can be contacted at DHHservices@uvu.edu

DHH is located on the Orem Campus in BA 112.

Academic Integrity

At Utah Valley University, faculty and students operate in an atmosphere of mutual trust. Maintaining an atmosphere of academic integrity allows for free exchange of ideas and enables all members of the community to achieve their highest potential. Our goal is to foster an intellectual atmosphere that produces scholars of integrity and imaginative thought. In all academic work, the ideas and contributions of others must be appropriately acknowledged and UVU students are expected to produce their own original academic work.

Faculty and students share the responsibility of ensuring the honesty and fairness of the intellectual environment at UVU. Students have a responsibility to promote academic integrity at the university by not participating in or facilitating others' participation in any act of academic dishonesty. As members of the academic community, students must become familiar with their [rights and responsibilities](#). In each course, they are responsible for knowing the requirements and restrictions regarding research and writing, assessments, collaborative work, the use of study aids, the appropriateness of assistance, and other issues. Likewise, instructors are responsible to clearly state expectations and model best practices.

Further information on what constitutes academic dishonesty is detailed in [UVU Policy 541: Student Code of Conduct](#).

Equity and Title IX

Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, citizenship, genetic information, or other basis protected by applicable law, including Title IX and 34 C.F.R. Part 106, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services.

Inquiries about nondiscrimination at UVU may be directed to the U.S. Department of Education's Office

for Civil Rights or UVU's Title IX Coordinator at 801-863-7999 – TitleIX@uvu.edu – 800 W University Pkwy, Orem, 84058, Suite BA 203.

Religious Accommodation

UVU values and acknowledges the array of worldviews, faiths, and religions represented in our student body, and as such provides supportive accommodations for students. Religious belief or conscience broadly includes religious, non-religious, theistic, or non-theistic moral or ethical beliefs as well as participation in religious holidays, observances, or activities. Accommodations may include scheduling or due-date modifications or make-up assignments for missed class work.

To seek a religious accommodation, a student must provide written notice to the instructor and the Director of Accessibility Services at accessibilityservices@uvu.edu. If the accommodation relates to a scheduling conflict, the notice should include the date, time, and brief description of the difficulty posed by the conflict. Such requests should be made as soon as the student is aware of the prospective scheduling conflict.

While religious expression is welcome throughout campus, UVU also has a [specially dedicated space](#) for meditation, prayer, reflection, or other forms of religious expression.