

ARIZONA WESTERN COLLEGE
SYLLABUS

WED225 PROFESSIONAL SKILLS & ETHICS OF A HEALTH & WELLNESS COACH

Credit Hours: 4 ___ Lec 4

PREREQUISITE: WED 202

COURSE DESCRIPTION

This course provides an in-depth exploration of the professional skills and ethical principles necessary for being an effective health coach. Students will engage in topics such as decision making, client confidentiality, professional boundaries, and the legal responsibilities of being a health coach.

1. COURSE GOAL

Prepare students to become ethical and skilled health coaches who can confidentially navigate the challenges of the field. Students will learn to apply ethical framework to their coaching practice, uphold the highest professional standards of conduct and develop interpersonal skills needed to support clients in attaining their goals. Students will be able to handle ethical dilemmas, maintain integrity, and contribute to the advancement of their profession.

2. OUTCOMES

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

- 2.1 demonstrate a comprehensive understanding of ethical guidelines and professional standards governing the practice of health coaching.
- 2.2 Analyze and effectively respond to complex ethical dilemmas using established decision-making framework.
- 2.3 Utilize advanced communication techniques, such as active listening reflective questioning and empathy, to build and maintain strong trust-based relationships with clients.
- 2.4 Identify and explain the legal responsibilities of a health coach including scope of practice, liability, and client documentation, ensuring compliance with laws and regulations
- 2.5 Establish and maintain professional boundaries to avoid conflicts of interest or dual relationships
- 2.6 Advocate for the advancement of the health coaching profession by participating in professional organizations, staying informed about the professions developments and adhering to best practices.

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Multi-media Presentations
- 3.3 Group Discussions
- 3.4 Guest Speakers

4. LEARNING ACTIVITIES

- 4.1 Group Discussions
- 4.2 Oral Presentations
- 4.3 Classroom Demonstrations
- 4.4 Case studies

5. EVALUATION

- 5.1 Quizzes/Exams
- 5.2 Assignments
- 5.3 Participation

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 Classroom Assignments: Students are responsible for work missed and for completing all work before the next class meeting. Students are responsible for participating in all oral drills and for taking all exams.
- 6.3 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.4 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.5 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.6 Textbooks and materials: Students are required to bring notebook or looseleaf book, pens, pencils, dictionaries, and purchase textbook required for class.
- 6.7 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester. Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.
For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):
 - Submitting an academic assignment
 - Taking an exam, an interactive tutorial or computer-assisted instruction

- Attending a study group that is assigned by the school
- Participating in an online discussion about academic matters
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course