Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.
COURSE SYLLABUS
LIFC 301
HEALTH AND WELLNESS COACHING

COURSE DESCRIPTION
An examination and analysis of professional coaching applications that serve health and wellness concerns. The course covers health and wellness from a Christian worldview with special attention given to a biblical foundation of health and wellness coaching.

RATIONALE
Professional life coaching has wellness as an orientation at its core. Life coaching works to develop the complete person and the physical aspect of a person that plays a role in the overall growth of a person. This aspect of coaching includes educating people on the importance and the benefits of developing a healthy lifestyle. It also includes the development of skills to maintain a well-balanced life. This course works to equip students with the basic foundations of health and wellness coaching from a biblical perspective.

I. PREREQUISITE
For information regarding prerequisites for this course, please refer to the Academic Course Catalog.

II. REQUIRED RESOURCE PURCHASE
Click on the following link to view the required resource(s) for the term in which you are registered: http://bookstore.mbsdirect.net/liberty.htm

III. ADDITIONAL MATERIALS FOR LEARNING
A. Computer with basic audio/video output equipment
B. Internet access (broadband recommended)
C. Microsoft Office
D. Professional Life Coaching lecture notes

IV. MEASURABLE LEARNING OUTCOMES
Upon successful completion of this course, the student will be able to:
A. Explain the physical benefits of a healthy lifestyle.
B. Identify the key psychological factors of weight management.
C. Construct a biblical worldview of health and wellness.
D. Discuss the physical and psychological factors in maintaining a healthy lifestyle.
E. Develop a wellness strategy for life coaching.
F. Recognize key differences in men and women’s health.
G. Discuss the effects that stress play on one’s physical, spiritual, and emotional life.

V. COURSE REQUIREMENTS AND ASSIGNMENTS
A. Textbook readings and lecture notes
B. Course Requirements Checklist
   After reading the Course Syllabus and Student Expectations, the student will complete the related checklist found in Module/Week 1.
C. Class Introductions
   The student will post a personal introduction to the class in an effort to build class community.
D. Discussion Board Forums (4)
   Discussion boards are collaborative learning experiences. Therefore, the student will complete 4 Discussion Board Forums that specifically relate to weekly content. Each forum will be completed in 2 parts: 1) the student will submit a thread in answer to the question provided, and 2) the student will then post replies to at least 2 other classmates’ threads.
E. Blogs (4)
   The student will complete 4 discussion board blogs that specifically relate to weekly content. Each blog will be completed in 2 parts: 1) the student will submit a blog, and 2) the student will then post a reply to at least 2 other classmates’ blogs.
F. Exams (2)
   The student will complete 2 exams that are cumulative and cover the material presented in the video lectures and lecture notes. Each exam is open-book/open-notes and comprised of 50 multiple-choice and true/false questions. Each exam must be completed in one sitting where you are provided with 1 hour and 30 minutes to complete each exam. Once the exam is opened, it must be completed; it cannot be saved and resumed at a later time.

VI. COURSE GRADING AND POLICIES
A. Points

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Requirements Checklist</td>
<td>10</td>
</tr>
<tr>
<td>Class Introductions</td>
<td>20</td>
</tr>
<tr>
<td>Discussion Board Forums (4 at 60 pts ea)</td>
<td>240</td>
</tr>
<tr>
<td>Blogs (4 at 60 pts ea)</td>
<td>240</td>
</tr>
<tr>
<td>Mid Term Exam</td>
<td>250</td>
</tr>
<tr>
<td>Final Exam</td>
<td>250</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>1010</strong></td>
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</tbody>
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B. Scale

A = 900–1010  B = 800–899  C = 700–799  D = 600–699  F = 0–599

C. Late Assignment Policy

If the student is unable to complete an assignment on time, then he or she must contact the instructor immediately by email.

Assignments that are submitted after the due date without prior approval from the instructor will receive the following deductions:

1. Late assignments submitted within one week of the due date will receive a 10% deduction.
2. Assignments submitted more than one week late will receive a 20% deduction.
3. Assignments submitted two weeks late or after the final date of the course will not be accepted.
4. Late Discussion Board threads or replies will not be accepted.

Special circumstances (e.g. death in the family, personal health issues) will be reviewed by the instructor on a case-by-case basis.

D. Disability Assistance

Students with a documented disability may contact LU Online’s Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.
# Course Schedule

## LIFC 301


<table>
<thead>
<tr>
<th>Module/Week</th>
<th>Reading &amp; Study</th>
<th>Assignments</th>
<th>Points</th>
</tr>
</thead>
</table>
| 1 | Arloski: chs. 1–2  
Bible reading  
1 presentation  
lesson notes | Course Requirement Checklist  
Class Introductions  
Discussion Board Forum 1 | 10  
20  
60 |
| 2 | Arloski: ch. 3  
1 presentation  
lesson notes | Blog 1 | 60 |
| 3 | Arloski: ch. 4  
1 presentation  
lesson notes | Discussion Board Forum 2 | 60 |
| 4 | Arloski: chs. 5–6  
2 presentations  
lesson notes | Blog 2  
Mid Term Exam | 60  
250 |
| 5 | Arloski: ch. 7  
2 presentations  
lesson notes | Discussion Board Forum 3 | 60 |
| 6 | Arloski: ch. 8  
2 presentations  
lesson notes | Blog 3 | 60 |
| 7 | Arloski: ch. 9  
2 presentations  
lesson notes | Discussion Board Forum 4 | 60 |
| 8 | Arloski: chs. 10–11  
1 presentation  
lesson notes | Blog 4  
Final Exam | 60  
250 |

**Total** | **1010** |

**NOTE:** Each course week (except Module/Week 1) begins on Tuesday morning at 12:00 a.m. (ET) and ends on Monday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday. Read the syllabus for specific information on deadlines for assignments.