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 201
INTRODUCTION TO LIFE COACHING

COURSE DESCRIPTION

Offers an introduction to professional coaching from a Christian worldview with special attention given to coaching theories, practice, skills, and various coaching specialties. This will include an overview of common client presenting issues.

RATIONALE

Coaching is a vital new helping field that is growing daily. Some of the core skills for the coaching profession are the same as the counseling profession: building a relationship and learning to effectively communicate with the client. This course helps to understand the differences and similarities between the two fields and the opportunity to broaden the scope of help for people in need. If there is ever a time for godly leadership, servanthood, and biblical counsel, it is now. This course seeks to meet that challenge by equipping the student with the basic foundations of life coaching and biblically guide individuals asking for help.

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

   Disclaimer: The above resources provide information consistent with the latest research regarding the subject area. Liberty University does not necessarily endorse specific personal, religious, philosophical, or political positions found in these resources.

III. ADDITIONAL MATERIALS FOR LEARNING

   A. Computer with basic audio/video output equipment
   B. Internet access (broadband recommended)
   C. Microsoft Office

IV. MEASURABLE LEARNING OUTCOMES

   Upon successful completion of this course, the student will be able to:
   A. Explain the differences between professional coaching and professional counseling.
   B. Identify the scriptural and spiritual foundations of life coaching.
   C. Construct a biblical worldview for effective life coaching.
   D. Discuss ethical guidelines and standards in life coaching.
   E. Analyze essential theories and models of life coaching.
   F. Recognize specialties in life coaching.
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. Discussion Board Forums (4)

Discussion boards are collaborative learning experiences. Therefore, the student will complete 4 Discussion Board Forums that specifically relate to module/week 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. Review the grading rubric and instructions provided within the course before beginning this assignment.

D. Case Studies (4)

The student will complete 4 discussion board Case Studies that specifically relate to module/week content. Each case study will be completed in 2 parts: 1) the student will submit a case study thread and 2) the student will then post replies to at least 2 other classmates’ case studies. Review the grading rubric and instructions provided within the course before beginning this assignment.

E. Exams (2)

The student will complete 2 exams that are cumulative and cover the material presented in the lectures and lecture notes. Each exam is open book/open notes and is 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>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Requirements Checklist</td>
<td>10</td>
</tr>
<tr>
<td>Discussion Board Forums (4 at 65 each)</td>
<td>260</td>
</tr>
<tr>
<td>Case Studies (4 at 60 each)</td>
<td>240</td>
</tr>
<tr>
<td>Midterm 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>
</tr>
</tbody>
</table>

B. Scale

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

C. Disability Assistance

Students with a documented disability may contact Liberty University 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 201


<table>
<thead>
<tr>
<th>MODULE/WEEK</th>
<th>READING &amp; STUDY</th>
<th>LEARNING ACTIVITIES</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Collins: chs. 1–4&lt;br&gt;3 presentations&lt;br&gt;1 lecture note</td>
<td>Course Requirements Checklist&lt;br&gt;Class Introductions&lt;br&gt;DB Forum 1</td>
<td>10&lt;br&gt;0&lt;br&gt;65</td>
</tr>
<tr>
<td>2</td>
<td>Collins: chs. 5–7&lt;br&gt;1 presentation&lt;br&gt;1 lecture note</td>
<td>Case Study 1</td>
<td>60</td>
</tr>
<tr>
<td>3</td>
<td>Collins: chs. 8–9, 12–13&lt;br&gt;2 presentations&lt;br&gt;1 lecture note</td>
<td>DB Forum 2</td>
<td>65</td>
</tr>
<tr>
<td>4</td>
<td>Collins: chs. 10–11&lt;br&gt;1 presentation&lt;br&gt;1 lecture note</td>
<td>Case Study 2&lt;br&gt;Midterm Exam</td>
<td>60&lt;br&gt;250</td>
</tr>
<tr>
<td>5</td>
<td>Collins: ch. 18&lt;br&gt;1 presentation&lt;br&gt;1 lecture note</td>
<td>DB Forum 3</td>
<td>65</td>
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<tr>
<td>6</td>
<td>Collins: ch. 19&lt;br&gt;2 presentations&lt;br&gt;1 lecture note</td>
<td>Case Study 3</td>
<td>60</td>
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<tr>
<td>7</td>
<td>Collins: chs. 14–17&lt;br&gt;2 presentations&lt;br&gt;1 lecture note</td>
<td>DB Forum 4</td>
<td>65</td>
</tr>
<tr>
<td>8</td>
<td>Collins: chs. 20–22&lt;br&gt;1 presentation&lt;br&gt;1 lecture note</td>
<td>Case Study 4&lt;br&gt;Final Exam</td>
<td>60&lt;br&gt;250</td>
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**TOTAL**: 1010

DB = Discussion Board

**NOTE**: Each course module/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 module/week ends at 11:59 p.m. (ET) on Friday.