



Life & Health

Coaches curriculum



LHL





Name: Life&Health lifestyle coaches curriculum
Working hours: 100
Target group: Lifestyle coaches using “Life&Health lifestyle training” curriculum
Accreditation: 10 ECTS
Publisher: SÍBS



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Description

Training of lifestyle coaches wanting to implement “Life&Health, lifestyle training” curriculum on the 5th level of The European Qualification Framework (EQF) or 4th level in The Icelandic National Qualification Framework (ISQF). The course is composed of 1 day workshop training, guidance and follow up for participants during their implementation of the L&H curriculum. The follow up includes course evaluation for the coaches 1st group in training.

Admission requirements

It is highly recommended that participants have either education or experience of teaching, sports training, coaching, lifestyle counselling or healthcare related to lifestyle changes.

Target groups

Target groups for lifestyle training are those that either want to or have offered health promotion and training such as, adult training organizations, coaches, hiking guides, athletic teachers and trainers, healthcare workers, physio- and occupational therapists.

Learning Outcomes

participants will gain understanding on:

- Importance of preventive measures to improve public health
- Official dietary and exercise guidelines for adults
- Coaching as an approach in lifestyle training
- How to influence and understand lifestyle behavior
- The “Life & Health lifestyle training” curriculum

participants will gain skills in:

- Applying coaching in lifestyle training
- Adjusting training approach to individual needs and status
- Building on individual strengths and enhance motivation.
- Organising training that fulfills requirements set in “The Life & Health lifestyle training” curriculum.
- Encourage active participation and feedback from participants in lifestyle training.

participants shall be able to practice the general knowledge and skills provided to:

- Implement lifestyle training that fulfills the requirements set in “The Life & Health lifestyle training” (L&H) curriculum.
- Benefit from guidance, follow up and feedback to further develop lifestyle training and offer follow up training and support.

Organisation

Officially validated lifelong learning providers and/or schools (upper secondary and above) are responsible for the education of coaches and appoint a project manager.. The role of the project manager is to oversee implementation of the coaches training and make sure that all modules are finalized, including supervised pilot implementation of L&H curriculum. Emphasis is on instructors to bear in mind all modules of the curriculum, to ensure their logistic continuity.

Project manager organises the breakdown between lessons with instructor(s) and self-study. Instructors should be urged to use diverse teaching methods and cover all defined modules and real life examples in the coaches training.

The coaches training can cover up to 18 months. Instructors and/or organizers/project managers offer participants an interview before the training, after their pilot training and follow up training using L&H curriculum.

- In the 1st interview organisers/instructors discuss objectives, education and background of participants.
- In the 2nd interview, after pilot implementation of the 16 module basic training, to discuss its evaluation and organization of the follow up.
- In the 3rd interview, by the end of follow up of participants in lifestyle pilot training, to evaluate results as well as developing training approaches.

The aim of the interviews is to provide participants with individualized support and access to organiser/instructor(s).

Participants are responsible for their education although cooperation and sharing between participants is encouraged. The course is composed of workshop/modules, interviews, guidance and follow up.

Educational resources

The “Life&Health lifestyle training” curriculum is on the 2nd level of the European Qualification Framework (EQF) for adult learning. Official recommendations for diet and exercise as well as examples of teaching strategies, slides, homework templates etc.

Course assessment

Learning provider describes in syllabus diverse methods to assess educational performance compared to learning outcomes. Course assessment should be ongoing throughout the study with encouraging and elevating feedback.

Pilot training

Pilot training is an important part of the lifestyle coaching course as participants will offer lifestyle training based upon “The Life&Health lifestyle training” curriculum as part of the coaching course. Participants prepare and present a plan on how they are going to implement the lifestyle training as the result from the first workshop training, they get feedback and then implement the basic-training (first 16 modules of the lifestyle training) under instructor’s/project manager’s guidance.

Vocational training and guidance is mostly finalized after the pilot implementation of the basic-training although participants will have access to guidance and assistance during the implementation of the follow up training as well as course evaluation is implemented after the finalization of the follow up training.

Amendments to the curriculum

Education providers are allowed to make changes to this curriculum for lifestyle coaches that amount up to 10% of the total length of the course if they do not contradict course objectives and purpose. Changes that amount to more than 10% are only allowed with the approval of The Life&Health consortium.



Modules

Module name	Abbreviation	Hours group sessions	Hours guidance and support	Hours self learning	Total hours	EQF level
Curriculum and OER		2	1	10	13	4
Health literacy, exercise and diet		2	1	6	9	4
Coaching and lifestyle training		4	2	12	18	4
Vocational training		0	6	54	60	4
Total hours		8	10	80	100	

Curriculum and Open Educational Resources (OER)

Level	4
Hours	13
Subject	Curriculum
Topics	The “Life&Health lifestyle training” curriculum

Description

The purpose of this module is that participants acquire understanding and qualification in using “The Life&Health lifestyle training” (L&H) curriculum as a framework in implementing lifestyle training. Examples of teaching material and guidelines are presented that can be used or built upon in lifestyle training, participants are also encouraged to develop their own approaches and content if they make sure to follow the criterias set in the L&H curriculum. participants submit two assignments, a plan for 16 hours of basic-lifestyle training according to L&H curriculum after the first coaches workshop and then a plan for 10 hours of follow-up lifestyle training after the second coaches workshop.

Criteria for this module’s learning outcome

participants shall have obtained knowledge and skills in:

- L&H curriculum for lifestyle training, criterias, modules and evaluation.
- Organization of lifestyle training and adult education.
- Ways in which to organize lifestyle training.
- The role of lifestyle coaches in individualized lifestyle training.

participants will acquire skills in:

- Organizing lifestyle training for adults.
- Promote and provide guidance to participants related to self-regulation and registration within the lifestyle training.
- Define target groups and ways in which to meet individual need of training participants.

participant will be able to put to practice general knowledge and skills acquired to:

- Organize and present training schedules for L&H lifestyle training.

Module evaluation

Regular evaluation is provided of success, homework and vocational training. Attendance to classes is registered in addition to process evaluation after the pilot implementation of basic-lifestyle training and after the finalization of the follow up training. Project manager or Instructor use relevant methods for evaluation and feedback.

Health literacy, exercise and diet

Level	4
Hours	9
Subject	Health
Topics	Health literacy, registration and evaluation.

Description

The purpose of this module is that participants acquire knowledge and understanding of national strategies and projects related to public health, health promotion and defining health factors. Emphasis is on using and following official guidelines from directorate of health on diet and exercises. Official factors defining health will be presented and the definition of health literacy and how it can be enhanced with lifestyle training by enhancing motivation and focusing on individualistic approaches to training.

Criteria for this module's learning outcome

participants shall have obtained knowledge and skills in:

- Official definition of health factors, as defined by Directorate of health (DH).
- Official guidelines from DH on diet and exercise.
- Health literacy as primary skill in the process of lifestyle change.
- The importance of support in participants local environment.

participants will acquire skills in:

- Work with health factors in adult lifestyle training.
- Work with official guidelines of diet and exercise.
- Recognizing opportunities for health promotion and exercise in local settings.

participant will be able to put to practice general knowledge and skills acquired to:

- Increase health literacy of participants for example in registering diet and exercise.
- Use official guidelines for diet and exercise in lifestyle training.
- Use definition of health factors in lifestyle training.

Module evaluation

Regular evaluation is provided of success, homework and vocational training. Attendance to classes is registered in addition to process evaluation after the pilot implementation of basic-lifestyle training and after the finalization of the follow up training. Project manager or Instructor use relevant methods for evaluation and feedback.

Coaching and lifestyle training

Level	4
Hours	18
Subject	Coaching
Topics	Active listening, reflection, motivation and goal setting

Description

The purpose of this module is that participants acquire skills in training and supporting adults that want to change and sustain a healthy lifestyle. The emphasis is on individualization and acceptance using coaching and motivational methods in communication and training. The emphasis is on participants responsibility using methods of coaching and motivational interviewing with reference to where participants are in relation to the 5 steps of change (Being: precontemplation, contemplation, preparation, action and maintenance). Coaches role is to practice, active listening, reflection and motivation through questions and self-evaluation. Coaches encourage discussions, facilitate motivation and cooperation. The Instructor presents the coaching process and core values such as confidentiality.

Criteria for this module's learning outcome

participants shall have obtained knowledge and skills in:

- The coaching process, foundation, co-creating relationship, effective communication, facilitating learning and results.
- Active listening, reflection and motivation.
- Ways to build on participants individual strengths through motivational questioning.

participants will acquire skills in:

- Active listening and reflection to identify participants needs.
- Use methods of coaching and motivational interviewing in lifestyle training.

participant will be able to put to practice general knowledge and skills acquired to:

- Use coaching and motivational approaches i adult lifestyle training
- Use cooperative and group coaching methodologies.

Module evaluation

Regular evaluation is provided of success, homework and vocational training. Attendance to classes is registered in addition to process evaluation after the pilot implementation of basic-lifestyle training and after the finalization of the follow up training. Project manager or Instructor use relevant methods for evaluation and feedback.

Vocational training

Level	4
Hours	60
Subject	Supervised lifestyle training
Topics	Implementation of supervised lifestyle training

Description

The purpose of this module is that participants acquire skills in training and supporting adults that want to change and improve their lifestyle. The vocational training is divided into:

- implementation of basic-lifestyle training (16 hours) and preparation (16 hours).
Implemented after the workshop and based upon approved training-plan.
- implementation of follow up lifestyle training (10 hours) and preparation (10 hours).

In addition to this, participants will get guidance and support from instructors and/or project manager throughout the training (8 hours). This includes guidance and support as well as consultation on participants health and training evaluation, in the beginning and after the finalization of the basic and follow up training.

Criteria for this module's learning outcome

participants shall have obtained knowledge and skills in:

- How to follow participants success/process in the lifestyle training.
- Organization of adult lifestyle training.
- The importance of individualization and cooperativa training for adults.

participants will acquire skills in:

- Implement adult lifestyle training.
- Organize and follow up training.
- Provide individualized lifestyle training to adults.

participant will be able to put to practice general knowledge and skills acquired to:

- Offer adult basic- and follow up training, based upon L&H curriculum.

Module evaluation

Regular evaluation is provided of success, homework and vocational training. Attendance to classes is registered in addition to process evaluation after the pilot implementation of basic-lifestyle training and after the finalization of the follow up training.