

Learn Well. Live Well.

Coaching Healthy Lifestyle Change

Coaching Healthy Lifestyle Change: An Integrative Approach for Health Professionals is an interactive web-based course and assessment system designed to train health professionals to develop intervention strategies and coaching techniques that help their patients in practicing healthier behaviors. The course utilizes self-assessments, discussion assignments, and labs to create an active learning experience.

Coaching Healthy Lifestyle Change can support on-ground and online classes for thousands of students each semester.



Why Instructors Love It:

ACTIVE LEARNING

Make learning easier. Enable students to be more successful with our active learning approach to course and content design.

SIMPLE SETUP

Make teaching easier. Pre-built modules can be used as-is or customized to align with course goals. Streamline course start-up with our course implementation specialists.

EASE OF USE

Maximize your time. Manage multiple course sections easily. Auto-graded labs and self-assessments will reduce grading time, so you can increase teaching time.

MULTIDIMENSIONAL APPROACH

Student centered approach to health and well-being. Teach students about how their overall well-being can be affected by other dimensions such as emotional, environmental, financial, among others.

SUPPORT MATERIALS

A library of content at your fingertips. Additional content used and approved by professors across the country: PowerPoint presentations, quiz banks, interactive online chapters, self-assessments, discussions, reflections...etc.

EDUCATIONAL DESIGN

Have more content you want to implement? We supply editorial and educational design support for new course materials. Focus on the content, we'll do the rest.

Academic areas that benefit from this course:

Personal Training | Health Coaching | Health Care Professionals | Caregivers

Coaching Healthy Lifestyle Change

MODULES

WELL-BEING AND YOU

an introduction to key concepts and yourself

MAPPING THE JOURNEY

behavior change and goal setting

HEART OF THE JOURNEY

cardiorespiratory fitness

STRENGTH FOR THE JOURNEY

muscular health

FLEXIBILITY ON THE JOURNEY

stretching your horizons

FUEL FOR THE JOURNEY

nutrition and metabolism

PACKING LITE

body composition and weight control

MOTIVATIONAL INTERVIEWING

understanding all dimensions of your patient

COACHING

coaching nutrition, weight management,
and exercise



We help you create a **SUCCESSFUL** learning environment for both the **INSTRUCTOR** and the **STUDENTS**.

Why Students Love It:

- > Engaging activities that can be applied to their real lives
- > Visual reminders make assignments, points, and due dates clear
- > Mobile and tablet responsive so that they can complete assignments from anywhere, anytime
- > Straightforward user interface that is designed to save time and effort to make learning easier
- > Help that is always a click away

“This course was not, as I expected, an attempt to shame me into exercising, eating right, and (somehow) not being stressed, but a gentle attempt to equip me with the knowledge and tools I need to treat myself the way I deserve to be treated.”

- 2015-2016 Kennesaw State University Student

Questions? Ready to take the first step?

contact us at learnmore@perceivant.com

