

# Course Information

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

## Health Coaching & Behaviour Change

Students will develop an understanding of the principles of health coaching, apply them, and reflect on these experiences as a means of fostering sustainable and patient-led behaviour change.

Module Code	PHC7002M	Course dates
Level and Credits	M, 30 Credits	<ul style="list-style-type: none"><li>• Wednesday 27 January 2021</li><li>• Wednesday 3 February 2021</li><li>• Wednesday 17 February 2021</li><li>• Wednesday 10 March 2021</li><li>• Wednesday 21 April 2021</li></ul>
Facilitator	Rachel Martin	
Course fees	£1,083 (for self-funded individuals)	
Module outline	<p>Health and Social Care is experiencing a significant shift towards enabling service-users to take more responsibility for the design and implementation of treatment programmes. This is particularly the case of those with long-term conditions.</p> <p>This module addresses this issue by introducing students to the theory and practice of Health Coaching, and critically appraising its application in context of long-term conditions.</p>	
Learning outcomes	<ul style="list-style-type: none"><li>• Critically appraise the theory of Health Coaching</li><li>• Critically evaluate Health Coaching interventions in the context of professional practice</li><li>• Critically reflect on the implementation of Health Coaching interventions in their own professional practice.</li></ul>	
Assessment	100% Reflective portfolio (5,000 words)	
Who should attend	The professional group attracted to these courses include a wide range of professions from across the health and social care field, including: Occupational Therapists, Physiotherapists, Nurses, Social Workers, Care Workers, a range of Allied Health Professionals, Medical Staff and Podiatrists.	
Further study	<p>This module can be taken as a stand-alone module or as part of the following programmes:</p> <ul style="list-style-type: none"><li>• MSc Promoting Health in Long Term Conditions</li><li>• PG Cert Health Coaching and Behaviour Change</li></ul> <p>We offer individual postgraduate modules to meet your particular CPD needs or as the beginning of your postgraduate journey to a PG Cert or MSc. Evaluating Evidence and Effecting Change is an excellent place to start, enabling you to follow the evidence based practice approach to critique evidence and apply your findings to improve your practice or service. Other modules enable you to develop as a leader or transform your practice through the application of a health coaching approach.</p>	