

Health Coaching for Clients with Overweight and Obesity

Enjoy Higher Success Rates of Client Fat Loss Programme through Effective Coaching System

Course Overview

The prevalence of overweight and obesity along with chronic, inactivity-related diseases is on the rise. Since obesity is a multifactorial disease involving a complex interplay among environmental, behavioral, genetic and hormonal factors, training these clients requires more than just looking at the energy balance; exercise more, and make better food choices. By having deeper understanding of client's background and challenges, health coaches facilitate goal setting, help clients overcome barriers and choose strategies which fits into their lifestyle.

Health Coaches are uniquely positioned as skilled partners who can help individuals change behaviours that create health risks, as well as empower individuals to better self-manage their weight and chronic health conditions. Thus, clients is able to sustain healthy lifestyle behaviors that prevent, mitigate and even reverse chronic diseases.

Thus, elevate your career by becoming a health coach. Learn the science and skills to support meaningful and lasting lifestyle change for those you are called to serve. As a health coach you'll expand your skillset and move your career forward enabling your to help people while earning additional income. You'll also gain greater flexibility to work with others when and how you want, including even virtually by phone or video.

Course Highlights

- 10 Steps System to Coach Clients With Fat Loss Goals
- Physiology of fat storage and fat loss
- Stress management strategies
- Dietary strategies for weight loss and weight maintenance
- Exercise programming for overweight and obese clients

Course Objectives

1. Establish rapport with clients using effective communication strategies in order to build and maintain collaborative relationships.
2. Help clients take responsibility for personal health by identifying strengths, challenges, and available resources in order to make healthful lifestyle choices.
3. Facilitate client-directed behaviour change using evidence-based coaching strategies to promote healthful lifestyle choices.
4. Use available health, medical, wellness and lifestyle information by employing appropriate assessment tools and standards in order to stratify risk, identify the need for medical clearance and referrals.
5. Design individualised plans based on interviews, screenings, assessment data and goals in order to progress clients toward healthful lifestyle management.
6. Implement individualised plans using evidence based coaching practices in order to progress clients toward healthful lifestyle and behaviour change
7. Evaluate plan effectiveness in collaboration with clients to monitor outcomes and support progress toward goals.

8. Collaborate with clients to adjust plans based on ongoing evaluations in order to promote adherence, personal responsibility and success.
9. Build and develop your health coaching business to make it work for both you and your client.

Why Should You Consider This Course?

Become a successful health coach by being able to empower clients who are overweight and obese to better self-manage their weight and chronic health conditions

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Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This course is designed for fitness professionals to learn health coaching thus being able to help clients achieve fat loss goals via lifestyle modifications. Basic fitness instructing/personal training certification recommended.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE CECs 1.8, NASM CEUs 1.8

Course Duration

18 hours (3 days)

Learning Materials

Handouts, course manual and/or presentation slides

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

Grading Criteria

Completion of course participation and assignment(s)

Take the American Council on Exercise (ACE) Health Coach Certification

The ACE Health Coach Certification is the only health coach certification accredited by the National Commission for Certifying Agencies (NCCA), considered the gold standard in health and fitness. Prepare to become an ACE Certified Health Coach with the new ACE Health Coach study and training program. Rooted in behaviour-change science and the principles of lifestyle medicine, the study and training program addresses all the core competencies of health coaching within a single learning experience. You will learn practical and effective strategies that can be implemented to facilitate lifestyle change and positively impact health and well-

being. This study and training program is for exercise professionals and even those in the clinical setting who want to learn and practice active listening, motivational interviewing, and client-centred goal-setting as powerful tools to help others take charge of their health. Refer the last page for pre-requisites.

Steps to become an ACE Health Coach

1. Register for FEA Health Coaching for practical and applicational training
2. Purchase the all new ACE Health Coach Study Program from ACE (www.acefitness.org). This includes the new textbook and the new ACE University (ACE U) Learning centre – the ultimate interactive online study experience; OR Purchase ACE Health Coach ebook with ACE Health Coach exam at RM 1,780* with FITM
3. Attend the FEA Health Coach workshop
4. Register for the ACE Health Coach exam with an ACE education partner (e.g. FITM)
5. Take 2-3 months to prepare for the exam
6. Write the exam and pass it!

Refer the last section on pre-requisite for ACE Health Coach Exam.

Recertification

N/A

Exam Fee

N/A

Dress Code

Casual

What Do I Need To Bring?

Stationery

Course Capacity

A minimum of 12 pax and a maximum of 20 pax

Language

English

Pre-requisite for ACE Health Coach Exam

- Be at least 18 years of age
- Hold a current adult CPR and AED certificate including live skills check*
- Present a current government-issued photo ID with signature (driver's license, passport or military ID)

You must also **SUBMIT** proof of at least **ONE** of the following:

1. Current NCCA-accredited certification[†] in fitness, nutrition, healthcare, wellness, human resources or a related field
2. An associate's degree or higher from an accredited college or university in fitness, exercise science, nutrition, healthcare, wellness or a related field
 - Adaptive Physical Education
 - Athletic Training
 - Biomechanics
 - Cardiac Rehabilitation
 - Corporate Fitness / Wellness
 - Counseling
 - Exercise Physiology
 - Exercise Science
 - Health and Fitness
 - Health Education
 - Health Promotion
 - Kinesiology/Applied Kinesiology
 - Medical Doctor (MD)
 - Movement Studies
 - Nursing
 - Nutrition/Dietetics
 - Occupational Therapy
 - Occupational Therapy Assistant
 - Physical Education
 - Physical Therapy
 - Physical Therapy Assistant
 - Physician Assistant
 - Pre-Med
 - Psychology
 - Public Health
 - Recreation / Recreational Therapy
 - Social Work
 - Sociology
 - Sports Medicine

NOTE: *This list is not all-inclusive*

3. You will also have the option to upload a professional license (e.g. RN, LCSW, etc.) if applicable.
4. A completed health coach training and education program approved by the National Board for Health and Wellness Coaches (NBHWC)[‡]
5. A minimum of two years of documented work experience in coaching, leading, designing, implementing, or facilitating one or more of the following: behavior or lifestyle change, exercise, wellness, nutrition, or physical activity
 - Note: Purchase and completion of ACE Health Coach Study Programs (e.g. Basic, Plus) will not meet the above eligibility requirement to sit for the ACE Health Coach certification exam.

*CPR and AED certificates are both required in the U.S. and Canada. Candidates outside the U.S. and Canada are only required to hold a current CPR certificate due to differing international laws regarding AED use by non-medical professionals. Candidates taking an ACE exam via computer-based testing must obtain a current CPR/AED certificate prior to registration.

†A list of NCCA-accredited certification programs can be found at: credentialingexcellence.org

‡A list of NBHWC-approved training and education programs can be found at: nbhwc.org/approved-programs

Note: Candidates must submit supporting documentation of current NCCA-accredited certifications, degrees and/or work experience prior to registering for the ACE Health Coach exam.

Information displayed above is correct during time of publishing and may subject to change without prior notice