

<p>Course Name: KNPE 365/3.0</p> <p>Motivational Interviewing for Physical Activity Behaviour</p>	<p>Course Instructor:</p> <p>Dr. Lucie Lévesque</p>	<p>Contact Hours: Lectures: 1 x 1.5 hrs/wk / 12 weeks Laboratory 1 x 2 hrs/wk / 12 weeks</p>										
		<p>Prerequisite:</p> <p>PSYC 100/6.0 and (KNPE 265/3.0 or HLTH 315/3.0) Level 3 or above in a HLTH or KINE plan.</p>										
		<p>Exclusion:</p>										
<p>Course Description:</p> <p>The study of strategies to enhance intrinsic motivation and self-regulation for physical activity and health behaviour change in clinical settings. Students will learn and practice motivational interviewing skills for behaviour change in intensive weekly tutorial sessions.</p>		<p>Required Textbook</p> <p>(Available through the Queen's library and for purchase or free online)</p> <p>Miller, W.R. & Rollnick, S. (2012) Motivational Interviewing, Third Edition: Helping People Change, New York, NY: The Guilford Press.</p> <p>Required readings will be available through onQ.</p>										
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • To understand the processes of motivational interviewing in order to conduct responsible consultations that address health behaviour change in clinical settings • To learn to create an inclusive environment that supports the physical, emotional, and mental well-being of the individual seeking counselling services • To apply motivational interviewing skills and knowledge to understand the challenges associated with physical activity and health behaviour change • To critically evaluate health behaviour change theories and strategies to assess its relationship and relevance with motivational interviewing 		<p>Course Evaluation:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Tutorial Participation</td> <td style="text-align: right;">10%</td> </tr> <tr> <td>Midterm Assignment Video</td> <td style="text-align: right;">10%</td> </tr> <tr> <td>Practical Quiz</td> <td style="text-align: right;">15%</td> </tr> <tr> <td>End of Term Written Exam</td> <td style="text-align: right;">30%</td> </tr> <tr> <td>Practical Exam: Motivational Interviewing Treatment Integrity (MITI) Assessment</td> <td style="text-align: right;">35%</td> </tr> </table>	Tutorial Participation	10%	Midterm Assignment Video	10%	Practical Quiz	15%	End of Term Written Exam	30%	Practical Exam: Motivational Interviewing Treatment Integrity (MITI) Assessment	35%
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<p>Course Outline</p>												
<p>Introduction</p>	<p>Recognizing Readiness, Eliciting Motivation & Summarizing</p>											
<p>What is Motivational Interviewing?</p>	<p>MI and Self-Determination Theory</p>											

ENGAGING: Building Motivation for Change, OARS Negative Practice, Roadblocks, Reflective Listening	Enhancing Confidence and Developing Discrepancy Evoking Preparation for Change
FOCUSING: Finding the Horizon	Responding to Sustain Talk
Engaging: The Relational Foundation The Strategic Direction	Self-Regulation in Health Behaviour Change PLANNING: The Bridge to Change
Reflective Listening, Opening Session & Focusing	Transitioning from Evoking to Planning
FOCUSING: Guiding and Exchanging Information	Developing a Change Plan & Strengthening Commitment
Finding Focus and Exchanging Information	MITI Coding
EVOKING: Ambivalence, Readiness, and Responding to Change Talk	Full Practice