

<p>Course Name: KNPE 365/3.0</p> <p>Motivational Interviewing for Physical Activity Behaviour Change</p>	<p>Course Instructor:</p> <p>Dr. Lucie Levesque</p>	<p>Contact Hours: Winter 2021 – Remote Delivery</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, KINE or PHED 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>Course Texts:</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>Course Objectives:</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> <tr> <td>Tutorial Participation</td> <td>20%</td> </tr> <tr> <td>Midterm Assignment Video</td> <td>10%</td> </tr> <tr> <td>Practical Quiz</td> <td>15%</td> </tr> <tr> <td>End of Term Written Exam</td> <td>20%</td> </tr> <tr> <td>Practical Exam</td> <td>35%</td> </tr> </table>	Tutorial Participation	20%	Midterm Assignment Video	10%	Practical Quiz	15%	End of Term Written Exam	20%	Practical Exam	35%
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<p>Course Outline</p>												
Introduction to Motivational Interviewing	Planning: Strengthening Commitment and Developing a Plan											
Engaging: Building Motivation for Change	Transitioning from Evoking to Planning: Recognizing Readiness, Transition Summary											
Negative Practice, Roadblocks, Reflective Listening	Motivational Interviewing and Self-determination											

	theory
Guiding and Exchanging Information	Transitioning from Evoking to Planning: Recognizing Readiness, Developing a Plan
Reflective Listening, Opening Session	Motivational Interviewing Effectiveness
Enhancing Motivation and Change Talk	Full Practice
Enhancing Confidence and Developing Discrepancy	Review and Coding of Practical Exams
Working with Ambivalence, Responding to Sustain Talk, Strengthening Confidence	Self-Regulation for Behaviour Change: Behaviour Change Models and Strategies

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