



Chaminade University

School of Nursing and Health Professions

School of Nursing and Health Professions

HC 302 – Health Promotion Coaching Strategies

Online - Asynchronous

Credits: 3 Section: 90 Term: Spring 2025

Instructor Information



Instructor: Colby Takeda, MBA, MPH

Email: colby.takeda@chaminade.edu

Phone: (808) 497-6647

Office Location: Virtual Office (appointment only)

Office Hours: Virtual Office (appointment only)

Virtual Office: <https://calendly.com/colbytakeda>

Virtual Office Hours: By Appointment

Communication

Will respond to email communications within 48 hours. For immediate response, feel free to call/text the number above.

School & Department Information

School of Nursing and Health Professions

Office Location: Henry Hall, Room 110

Phone: (808) 735 - 4813

If you have questions regarding the Nursing or Public Health department, reach out to your Instructor or the School of Nursing and Health Professions.

Course Description & Materials

Catalog Course Description

This course introduces foundational concepts and principles for health promotion coaching across the lifespan. Coaching strategies to promote healthy lifestyle change are utilized as students coach selected clients. This course includes an applied learning component.

Time Allocation

This is a three-credit hour course requiring 135 clock hours of student engagement, per the official CUH Credit Hour Policy. Over the 15 weeks of this course, students will spend 25 hours reviewing the course textbook, 30 hours completing assignments, 25 hours researching related topics, 25 hours writing and reacting to reflection posts, and 20 hours completing the final project. There will be an additional 10 hours of work required beyond what is listed here (videos, current events, interactive assignments, etc.).

Required Materials

American Council on Exercise (2019). *The Professional's Guide to Health and Wellness Coaching: Empower Transformation through Lifestyle Behavior Change*. American Council on Exercise. ISBN-13: 978-1890720711.

Recommended Items

A personal laptop computer or iPad with Microsoft Word and/or Google Suite is recommended. It is essential you maintain your updates on your computer programs and application tools. There are multiple online modules, e-texts, and other assignments that will require computer access of some sort.

Canvas (<https://chaminade.instructure.com>)

Canvas will be used as our learning management system for this course. Every Sunday, weekly course materials will be posted, including readings, discussion posts, and other assignments. In general, assignments will be due at midnight the following Sunday. Canvas will also be used to engage with classmates to share current events, feedback, and other comments.

Learning Outcomes

Program Learning Outcomes (PLOs)

Upon completion of Bachelor of Science in Public Health, the student will be able to:

1. Utilize public health concepts to assess major health-related needs of diverse populations, addressing social determinants of health, and factors that contribute to morbidity and mortality through the design and development of interventions that promote health equity and reduce disparities.
2. Utilize evidence-based approaches to evaluate program outcomes and inform decision-making processes that prioritize service, justice, and peace in public health practice, while emphasizing the importance of using data and research to drive

impactful, equitable, and sustainable public health interventions.

3. Analyze public health data using statistical, epidemiological and data visualization techniques, to generate products that support communication and decision-making related to public health interventions.
4. Investigate basic concepts of legal, ethical, economic, and regulatory dimensions of health care and public health policy, and the roles, influences, and responsibilities of the different agencies and branches of government.
5. Develop innovative sustainable public health strategies that address complex challenges, promote equity, and contribute to the achievement of the United Nations Sustainable Development Goals (SDGs), while fostering sustainable development practices locally and globally.

Course Learning Outcomes (CLOs)

Upon completion of [course, e.g., ICS 170], the student will be able to:

1. Utilize health promotion coaching skills and techniques
2. Demonstrate leadership and management skills of health promotion coaching strategies that facilitate strategic planning initiatives with appropriate stakeholders
3. Communicate and execute such strategic plans with the priority population to better serve their needs
4. Understand health promotion coaching skills and techniques used in real-world examples and current events

Marianist Values

This class represents one component of your education at Chaminade University of Honolulu. An education in the Marianist Tradition is marked by five principles and you should take every opportunity possible to reflect upon the role of these characteristics in your education and development:

1. Education for formation in faith.
2. Provide an integral, quality education.
3. Educate in family spirit.
4. Educate for service, justice and peace, and integrity of creation.
5. Educate for adaptation and change.

At its core, health promotion coaching is a form of education that can impact individual, household, and community health. As awareness and education increases, the all of society can be healthier and happier.

Native Hawaiian Values

Education is an integral value in both Marianist and Native Hawaiian culture. Both recognize the transformative effect of a well-rounded, value-centered education on society, particularly in seeking justice for the marginalized, the forgotten, and the oppressed, always with an eye toward God (Ke Akua). This is reflected in the 'Ōlelo No'eau (Hawaiian proverbs) and Marianist core beliefs:

1. Educate for Formation in Faith (Mana) E ola au i ke akua ('Ōlelo No'eau 364) May I live by God.
2. Provide an Integral, Quality Education (Na'auao) Lawe i ka ma'alea a kū'ono'ono ('Ōlelo No'eau 1957) Acquire skill and make it deep.
3. Educate in Family Spirit ('Ohana) 'Ike aku, 'ike mai, kōkua aku kōkua mai; pela iho la ka nohana 'ohana ('Ōlelo No'eau 1200) Recognize others, be recognized, help others, be helped; such is a family relationship.
4. Educate for Service, Justice and Peace (Aloha) Ka lama kū o ka no'eau ('Ōlelo No'eau 1430) Education is the standing torch of wisdom.
5. Educate for Adaptation and Change (Aina) 'A'ohe pau ka 'ike i ka hālau ho'okahi ('Ōlelo No'eau 203) All knowledge is not taught in the same school

Alignment of Course Learning Outcomes

	CLO 1	CLO 2	CLO 3	CLO 4
Marianist Values	x	x	x	x
PLOs	x	x	x	x
Native Hawaiian Values	x	x	x	x
Gen Ed Learning Outcomes (if applicable)				

Course Activities

Discussions

Weekly class meetings will allow for engaging group activities, guest speakers, and dynamic discussions about recent readings. Active participation in these meetings is required.

Homework

Reading reflections will provide an opportunity to share insights gained from the weekly readings and prompt discussion among your peers. Throughout the course, students will share a current event or resource that connects health coaching strategies to the real world.

Applied Learning Activity

Students will work with selected clients to apply and practice various coaching strategies learned from class to promote healthy lifestyle change with diverse populations.

Exams

There will be no exams in this course.

Final Project

Students will develop a health promotion project to support culturally empathetic, person-centered behavior change.

Course Policies

Attendance

The following attendance policy is from the 2018-2019 Academic Catalog (p. 57-58). Faculty members should also check with their divisions for division-specific guidelines.

Students are expected to attend regularly all courses for which they are registered. Student should notify their instructors when illness or other extenuating circumstances prevents them from attending class and make arrangements to complete missed assignments. Notification may be done by emailing the instructor's Chaminade email address, calling the instructor's campus extension, or by leaving a message with the instructor's division office. It is the instructor's prerogative to modify deadlines of course requirements accordingly. Any student who stops attending a course without officially withdrawing may receive a failing grade. Unexcused absences equivalent to more than a week of classes may lead to a grade reduction for the course. Any unexcused absence of two consecutive weeks or more may result in being withdrawn from the course by the instructor, although the instructor is not required to withdraw students in that scenario. Repeated absences put students at risk of failing grades. Students with disabilities who have obtained accommodations from the Chaminade University of Honolulu ADA Coordinator may be considered for an exception when the accommodation does not materially alter the attainment of the learning outcomes. Federal regulations require continued attendance for continuing payment of financial aid. When illness or personal reasons

necessitate continued absence, the student should communicate first with the instructor to review the options. Anyone who stops attending a course without official withdrawal may receive a failing grade or be withdrawn by the instructor at the instructor's discretion.

Late Work

Late assignments in this course will receive a 10% deduction each day the assignment is missing. Students are encouraged to work ahead in case issues arise, so work is not late. Students are responsible to ensure that assignments are submitted in the correct folder or drop-box in the correct format or the assignment is considered late. Assignments are due Sunday at 11:59pm. Assignments posted at 00:01am on Monday are considered late.

Extra Credit

Extra credit may be available throughout the course and will be announced through weekly module releases.

Changes to the Syllabus

While the provisions of this syllabus are as accurate and complete as possible, your instructor reserves the right to change any provision herein at any time. Every effort will be made to keep you advised of such changes, and information about such changes will be available from your instructor.

Grades of Incomplete

Grades of Incomplete must be reviewed and approved by both the Course Coordinator and the Dean of Nursing and Health Professions. See the university "Grade of Incomplete" policy in the student handbook.

Grading

Assignments	Points
Class Participation & Discussion Posts	50
Reading Reflections	30
Current Event/Resource Sharing	30
Health Coaching Project	40
Communities of Practice Discussions	20
Applied Learning Activities	30
TOTAL	200 Points

Final Grades

Final grades are submitted to [Self-Service](#):

A = 90% and above

B = 80-89%

C = 70-79%

D = 60-69%

F = 59% and below

Important Information

Academic Honesty

Academic honesty is an essential aspect of all learning, scholarship, and research. It is one of the values regarded most highly by academic communities throughout the world. Violations of the principle of academic honesty are extremely serious and will not be tolerated.

Students are responsible for promoting academic honesty at Chaminade by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Academic dishonesty may include theft of records or examinations, alteration of grades, and plagiarism, in addition to more obvious dishonesty.

Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of the Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of Academic Division and may include an "F" grade for the work in question, an "F" grade for the course, suspension, or dismissal from the University.

For the most up to date information, please refer to the [Academic Honesty Policy](#) on the Chaminade University Catalog website.

Title IX and Nondiscrimination Statement

Chaminade University of Honolulu is committed to providing a learning, working and living environment that promotes the dignity of all people, inclusivity and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking. As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator.

Nondiscrimination Policy & Notice of Nondiscrimination

Chaminade University of Honolulu does not discriminate on the basis of sex and prohibits sex discrimination in any education program or activity that it operates, as required by Title IX and its regulations, including in admission and employment. Inquiries about Title IX may be referred to the University's Title IX Coordinator, the U.S. Department of Education's Office for Civil Rights, or both and contact information may be found at the [Chaminade University Title IX Office Contact Information and Confidential Resources website](#). On-campus Confidential Resources may also be found here at [CAMPUS CONFIDENTIAL RESOURCES](#).

The University's Nondiscrimination Policy and Grievance Procedures can be located on the University webpage at: <https://chaminade.edu/compliance/title-ix-nondiscrimination-policies-procedures/>.

To report information about conduct that may constitute sex discrimination or make a complaint of sex discrimination under Title IX, please refer to the [Campus Incident Report form](#). Chaminade University of Honolulu prohibits sex discrimination in any education program or activity that it operates. The NOTICE of NONDISCRIMINATION can be found here: [Notice of Nondiscrimination](#).

CUH Alert Emergency Notification

To get the latest emergency communication from Chaminade University, students' cell numbers will be connected to Chaminade's emergency notification text system. When you log in to the Chaminade portal, you will be asked to provide some emergency contact information. If you provide a cellphone number, you will receive a text from our emergency notification system asking you to confirm your number. You must respond to that message to complete your registration and get emergency notifications on your phone.

Assessment for Student Work

With the goal of continuing to improve the quality of educational services offered to students, Chaminade University conducts assessments of student achievement of course, program, and institutional learning outcomes. Student work is used anonymously as the basis of these assessments, and the work you do in this course may be used in these assessment efforts.

Student with Disabilities Statement

Chaminade University of Honolulu offers accommodations for all actively enrolled students with disabilities in compliance with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, and the ADA Amendments Act (2008).

Students are responsible for contacting Kōkua Ike: Center for Student Learning to schedule an appointment. Verification of their disability will be requested through appropriate documentation and once received it will take up to approximately 2–3 weeks to review them. Appropriate paperwork will be completed by the student before notification will be sent out to their instructors. Accommodation paperwork will not be automatically sent out to instructors each semester, as the student is responsible to notify Kōkua Ike via email at ada@chaminade.edu each semester if changes or notifications are needed.

Kōkua 'Ike: Tutoring & Learning Services

Chaminade is proud to offer free, one-on-one tutoring and writing assistance to all students. Tutoring and writing help is available on campus at Kōkua 'Ike: Center for Student Learning in a variety of subjects (including, but are not limited to biology, chemistry, math, nursing, English, etc.) from trained Peer and Professional Tutors. Please check [Kōkua 'Ike's](#) website for the latest times, list of drop-in hours, and information on scheduling an appointment. Free online tutoring is also available via TutorMe. Tutor Me can be accessed 24/7 from your Canvas account. Simply click on Account > TutorMe. For more information, please contact Kōkua 'Ike at tutoring@chaminade.edu or 808-739-8305.

Readings & Due Dates

Wk of	Theme	Info
1/5	Course Overview	Syllabus
1/12	Introduction to Health Coaching	
1/19	Role and Scope of the Health Coach	Chapter 1 (no class on Jan. 20 – MLK Jr. Day)
1/26	Core Components of Coaching	Chapter 2
2/2	Behavior-Change Models and Theories	Chapter 3
2/9	Skills and Methods for Supporting Lifestyle Change	Chapter 4
2/16	Considerations for the Initial Session	Chapter 5 (no class on Feb. 17 – Presidents' Day)
2/23	The Art of Coaching	Chapter 6
3/2	A Mindful Approach to Stress Management Nutrition for Health and Well-Being	Chapter 7 Chapter 8
3/9	The Power of Physical Activity Understanding Other Lifestyle Factors: Sleep and Substance Use	Chapter 9 Chapter 10
3/16	Spring Recess – No Classes	
3/23	Obesity Cardiovascular Disease	Chapter 11 Chapter 12 (no class on Mar. 26 – Prince Kuhio Day)
3/30	Hypertension Diabetes	Chapter 13 Chapter 14
4/6	Depression and Anxiety Additional Diseases, Conditions, and Considerations	Chapter 15 Chapter 16
4/13	Professional Commitments and Considerations The Business of Health Coaching	Chapter 17 Chapter 18 (no class on Apr. 18 – Good Friday)

4/20	Course Wrap-Up	Course Evaluation
5/2		Semester Ends