

# Syllabus

## TRANSFORMATION SPECIALIST

### COURSE LENGTH

6 months

### PREREQUISITES

Certified Fitness Trainer

### CO-PREREQUISITE

Basic Adult CPR with AED

### TEXTBOOKS AND MATERIALS

Dorotik, Claire. *Transformation Specialist, First Edition*. Int'l Sports Sciences Association.

### COURSE DESCRIPTION

This course integrates the theory of behavioral change with practical strategies for influencing behavioral patterns as they relate to physical, mental, and emotional well-being. Students learn the skills needed to effect a qualitative shift in client behavior. Topics covered include the stages of behavioral change, motivational interviewing, positive psychology, commitment strategies, flow, and the experience sampling method.

### COURSE OBJECTIVES

- Recognize and identify the stages of change.
- Describe characteristic features of each stage of change that can be used to assess the client.
- Summarize the ISSA Drawing In Process.
- Identify the basic principles of Motivational Interviewing.
- Describe the techniques utilized in Motivational Interviewing.
- Apply Motivational Interviewing techniques to change client behavior
- Design strength-based program that incorporates elements of flourishing.
- Characterize the five components of positive psychology.
- Incorporate specific skills to move the client from surviving to thriving.
- Describe the theoretical premise of commitment devices and how they may be helpful to personal trainers and clients.
- Explain the way in which commitment devices improve conscious control.
- Demonstrate knowledge of commitment devices and the ways in which personal trainers can employ them to improve the consistency of client behavior.

- Summarize the experience sampling method and how it can be used to generate behavior change.
- Incorporate the steps necessary to utilize experience sampling with personal training clients.

## **COURSE OUTCOMES**

- Design a behavioral change program utilizing the skills, knowledge, and techniques of the stages of change, the ISSA Drawing In Process, Motivational Interviewing, Positive Psychology, Commitment Strategies, and Experience Sampling.
- Analyze the client's stage of change to determine that approach that best meets their needs.
- Use techniques specific to the client's stage of change to support the change process.
- Implement the ISSA Drawing In Process to engage and build rapport with clients.
- Utilize motivational interviewing skills to inspire clients' internal motivation and desire for change.
- Draw upon the five components of positive psychology to enhance client change and promote flourishing.
- Utilize commitment strategies to help clients overcome resistance to change, improve decisions, and experience confidence in the change process.
- Use the experience sampling method to help clients identify and increase flow states.
- Monitor the client progress throughout the process of behavioral change and apply changes as necessary.
- Recognize when the client needs require the assistance of an outside professional.

## **COURSE OUTLINE**

You have have until the course end date to finish all required submissions. A suggested guided study for you to complete the course is set up as follows:

**Week 1:** Introduction; Stages of Change

**Week 2:** Motivational Interviewing

**Week 3:** The ISSA Drawing-In Process

**Week 4:** The Positive Psychology Model

**Week 5:** Positive Psychology Skills for Personal Trainers

**Week 6:** Commitment Strategies

**Week 7:** Commitment Strategies (continued): To Win the Game, You Have to Know the Rules

**Week 8:** Flow and Why it Matters

**Week 9:** The Experience Sampling Method

**Week 10:** Final Exam

## **INSTRUCTIONAL METHODS**

This course will include online lectures, reading assignments, written assignments, discussions, and quizzes.

## **GRADING**

Review "How to Score Well" under "Course Home" for general guidance on how your written submissions are evaluated.

## **EARNING YOUR CERTIFICATE - MINIMUM REQUIREMENTS**

To earn your certificate, you must:

- **Submit all course components.**
- **Earn a course score of 75% or better in the course.**
- **Submit current Adult CPR/AED**
- **Any fees must be paid in full.**