

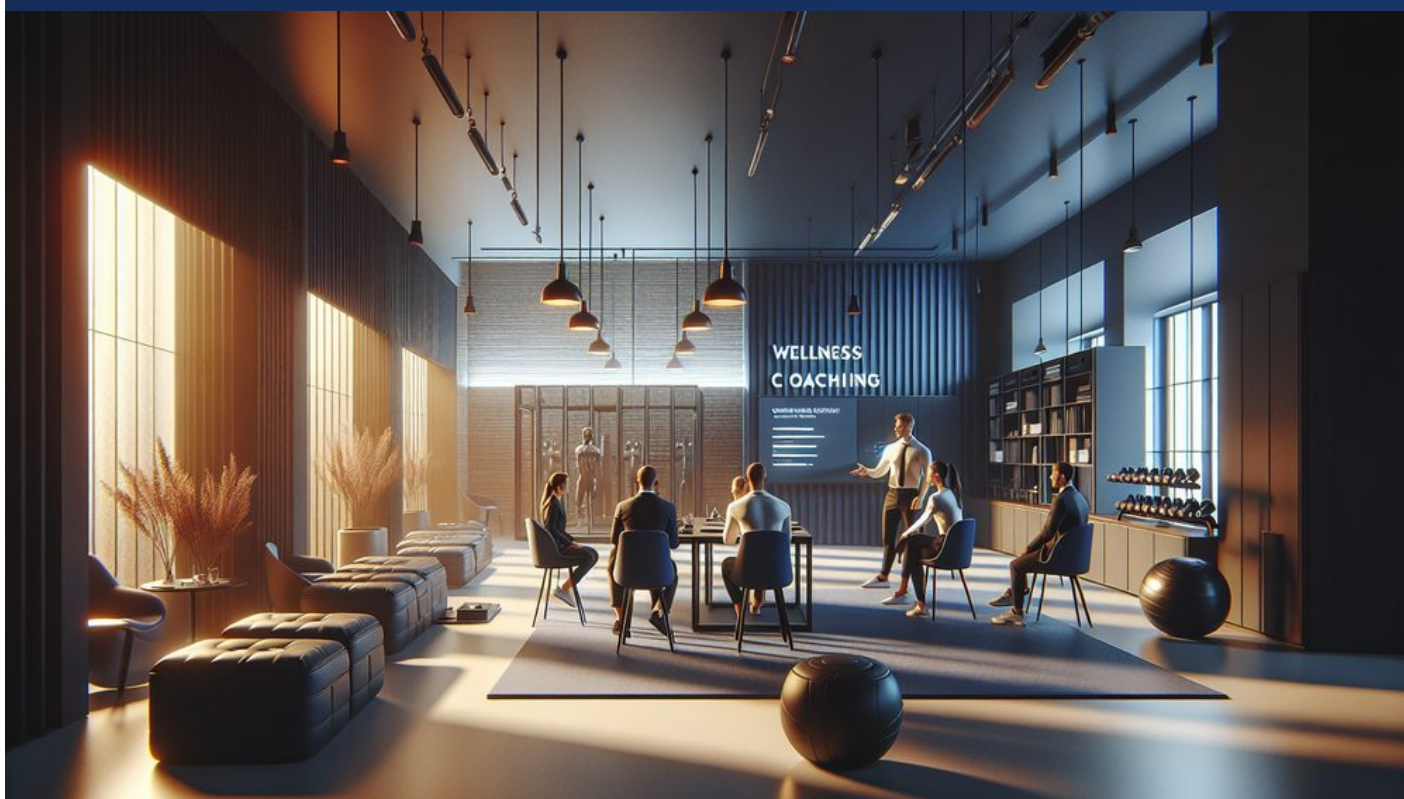
LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Wellness Coaching

Foundation Level



LAPT — London Academy of Professional Training

Address 85 Great Portland Street, W1W 7LT, London, United Kingdom

Email info@lapt.org

Telephone +44 7513 283044

Web lapt.org

Reference FT-WCE-F • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FT-WCE-F
AWARD	Certificate
ASSESSMENT	445 marks — 267 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Communication Skills for Coaching 4 chapters · 20 classes 65 marks	
• 1 Foundations of Effective Communication in Wellness Coaching — 5 classes › 1.1 Understanding the Basics of Communication in Wellness Coaching › 1.2 Exploring Active Listening Techniques for Coaches › 1.3 Building Empathy to Enhance Client Connections › 1.4 Utilizing Non-Verbal Cues in Effective Communication › 1.5 Applying Feedback Strategies to Foster Client Growth • 2 Building Rapport and Trust with Clients — 5 classes › 2.1 Understanding the Importance of Rapport in Coaching › 2.2 Identifying Verbal and Non-Verbal Cues in Communication › 2.3 Techniques for Building Trust and Authentic Connections › 2.4 Practicing Active Listening and Empathy › 2.5 Applying Rapport-Building Strategies in Real Scenarios	• 3 Motivational Interviewing Techniques in Wellness Coaching — 5 classes › 3.1 Understanding the Foundations of Motivational Interviewing › 3.2 Exploring Key Techniques in Motivational Interviewing › 3.3 Building Active Listening Skills for Effective Coaching › 3.4 Engaging Clients with Open-Ended Questions › 3.5 Applying Motivational Interviewing in Real-World Scenarios • 4 Overcoming Communication Barriers and Enhancing Engagement — 5 classes › 4.1 Identifying Common Communication Barriers › 4.2 Exploring Active Listening Techniques › 4.3 Utilizing Empathy to Build Connection › 4.4 Implementing Clear and Concise Language › 4.5 Practicing Feedback for Enhanced Engagement
2 Corrective Exercise Fundamentals 4 chapters · 20 classes 65 marks	
• 1 Understanding Human Movement and Imbalances — 5 classes › 1.1 Exploring Human Movement Patterns › 1.2 Identifying Common Postural Imbalances › 1.3 Analyzing the Causes of Movement Dysfunctions › 1.4 Evaluating the Impact of Imbalances on Performance › 1.5 Implementing Corrective Strategies for Improved Movement • 2 Assessment Techniques for Movement Dysfunction — 5 classes › 2.1 Understanding Movement Dysfunction › 2.2 Identifying Key Movement Patterns › 2.3 Conducting a Postural Assessment › 2.4 Analyzing Gait and Mobility › 2.5 Utilizing Functional Performance Tests	• 3 Designing Corrective Exercise Programs — 5 classes › 3.1 Understand the Principles of Corrective Exercise › 3.2 Identify Common Movement Dysfunctions › 3.3 Assess Client Mobility and Stability › 3.4 Develop Tailored Corrective Exercise Plans › 3.5 Implement and Adjust Corrective Strategies • 4 Implementing and Adapting Corrective Strategies — 5 classes › 4.1 Understanding Corrective Strategies › 4.2 Identifying Common Postural Deviations › 4.3 Developing Tailored Corrective Exercises › 4.4 Implementing Corrective Exercise Programs › 4.5 Adapting Strategies for Individual Needs

3

Ethics and Professionalism in Coaching

4 chapters · 20 classes

45 marks

• 1 Understanding Ethical Principles in Wellness Coaching — 5 classes

- › 1.1 Defining Ethical Principles in Wellness Coaching
- › 1.2 Exploring the Role of Confidentiality in Client Relationships
- › 1.3 Identifying Boundaries and Dual Relationships
- › 1.4 Navigating Ethical Dilemmas with Integrity
- › 1.5 Applying Ethical Decision-Making Frameworks

• 2 Professional Boundaries and Relationships — 5 classes

- › 2.1 Understanding Professional Boundaries in Coaching
- › 2.2 Identifying and Maintaining Client-Coach Roles
- › 2.3 Navigating Dual Relationships and Conflicts of Interest
- › 2.4 Establishing Trust through Clear Communication
- › 2.5 Applying Ethical Guidelines to Maintain Professional Boundaries

• 3 Legal Considerations and Responsibilities — 5 classes

- › 3.1 Understanding Legal Frameworks in Coaching
- › 3.2 Identifying Client Rights and Responsibilities
- › 3.3 Analyzing Confidentiality and Data Protection Laws
- › 3.4 Exploring Ethical Boundaries and Limitations
- › 3.5 Applying Legal Knowledge in Coaching Scenarios

• 4 Ethical Decision-Making and Dilemmas — 5 classes

- › 4.1 Understanding Ethical Principles in Coaching
- › 4.2 Identifying Ethical Dilemmas in Coaching Practices
- › 4.3 Analyzing Case Studies: Ethical Decision-Making
- › 4.4 Applying Ethical Decision-Making Models
- › 4.5 Navigating Complex Ethical Scenarios

4

Introduction to Wellness Coaching

4 chapters · 20 classes

90 marks

• 1 Understanding Wellness and its Components — 5 classes

- › 1.1 Exploring the Concept of Wellness
- › 1.2 Identifying the Dimensions of Wellness
- › 1.3 Understanding Physical Wellness Fundamentals
- › 1.4 Analyzing the Role of Mental and Emotional Wellness
- › 1.5 Integrating Wellness Components in Daily Life

• 2 The Role of a Wellness Coach — 5 classes

- › 2.1 Understanding the Foundations of Wellness Coaching
- › 2.2 Exploring the Core Responsibilities of a Wellness Coach
- › 2.3 Identifying the Key Skills for Effective Coaching
- › 2.4 Building Rapport and Effective Communication Techniques
- › 2.5 Implementing Goal-Setting Strategies with Clients

• 3 Behavior Change and Health Psychology — 5 classes

- › 3.1 Understanding the Foundations of Health Psychology
- › 3.2 Exploring Key Theories of Behavior Change
- › 3.3 Identifying Barriers to Positive Behavior Change
- › 3.4 Applying Motivation Techniques in Wellness Coaching
- › 3.5 Implementing Effective Behavior Change Strategies

• 4 Developing Effective Wellness Plans — 5 classes

- › 4.1 Understanding the Components of a Wellness Plan
- › 4.2 Identifying Client Goals and Needs
- › 4.3 Creating Personalized Wellness Strategies
- › 4.4 Implementing Wellness Plan Interventions
- › 4.5 Evaluating and Adjusting Wellness Plans

5

Lifestyle and Behaviour Change

4 chapters · 20 classes

90 marks

• 1 Understanding Lifestyle and Behavior Dynamics — 5 classes

- › 1.1 Identifying Core Lifestyle Components
- › 1.2 Analyzing Behaviour Patterns and Triggers
- › 1.3 Exploring Motivation and Change Readiness
- › 1.4 Understanding the Impact of Habits on Wellness
- › 1.5 Applying Behaviour Change Models in Practice

• 2 Assessing Client Readiness and Goal Setting — 5 classes

- › 2.1 Understanding Client Motivation and Readiness
- › 2.2 Exploring Assessment Tools for Client Readiness
- › 2.3 Identifying Barriers to Change
- › 2.4 Developing SMART Goals with Clients
- › 2.5 Implementing Action Plans for Success

• 3 Implementing Behavior Change Techniques — 5 classes

- › 3.1 Understanding Behavior Change Models
- › 3.2 Identifying and Setting SMART Goals
- › 3.3 Techniques for Enhancing Motivation
- › 3.4 Developing Personalized Action Plans
- › 3.5 Evaluating and Adjusting Behavior Change Strategies

• 4 Monitoring Progress and Sustaining Change — 5 classes

- › 4.1 Understanding the Importance of Progress Monitoring
- › 4.2 Setting Effective Goals for Sustaining Change
- › 4.3 Using Tools and Techniques to Track Lifestyle Changes
- › 4.4 Analyzing Progress to Adjust Strategies
- › 4.5 Celebrating Milestones to Maintain Motivation

• 1 Understanding Wellness Foundations and Principles — 5 classes

- › 1.1 Exploring the Dimensions of Wellness
- › 1.2 Defining Core Wellness Principles
- › 1.3 Analyzing the Impact of Lifestyle Choices
- › 1.4 Identifying Barriers to Personal Wellness
- › 1.5 Applying Wellness Principles to Daily Life

• 2 Components of a Balanced Wellness Programme — 5 classes

- › 2.1 Understanding the Core Elements of Wellness
- › 2.2 Exploring Physical and Mental Health Balance
- › 2.3 Integrating Nutrition and Exercise Components
- › 2.4 Creating Personalized Wellness Goals
- › 2.5 Evaluating and Adjusting Wellness Plans

• 3 Developing Personalized Wellness Programmes — 5 classes

- › 3.1 Understanding Client Needs and Goals
- › 3.2 Assessing Wellness Through Holistic Evaluations
- › 3.3 Crafting Tailored Wellness Strategies
- › 3.4 Incorporating Behavioral Science in Programme Design
- › 3.5 Implementing and Adjusting Wellness Plans

• 4 Evaluating and Refining Programme Effectiveness — 5 classes

- › 4.1 Understanding Key Metrics in Programme Evaluation
- › 4.2 Identifying and Addressing Potential Barriers
- › 4.3 Gathering and Analyzing Participant Feedback
- › 4.4 Implementing Refinements for Improved Outcomes
- › 4.5 Creating a Continuous Improvement Plan