

Kin 494 – Practicum in Motivational Interviewing

Enroll in KIN 494 A&B to train to become a Cydekick!

This course is a two-part series split into parts A & B, each 8-weeks long designed to provide you with the necessary knowledge and skills to understand Motivational Interviewing (MI) and how it can be used in a conversation to help promote effective behavior change.

Part A is the training portion of the curriculum, using online content and in-class practical activities to provide you with critical background knowledge and some initial self-practice to begin learning how to use motivational interviewing effectively.

Part B is the practicum portion of the course. As part of the practicum, you will meet one-on-one with community members to work toward behavior changes utilizing motivational interviewing and you will have the opportunity to gain further experience through participating as a Health Coach in several ongoing research opportunities.

Unique Features of the Course:

- Work with other students to facilitate the enhancement of health, life experience, self-directed learning, and personal growth
- Learn a collaborative, solution-focused, result-oriented health coaching technique
- Fulfill the practicum requirement needed to complete the health coaching certificate



For more information visit the the PAHP Lab website (www.physicalactivitylab.org) – see Student Info
Students need to contact: Dr. Greg Welk to get permission to enroll (gwelk@iastate.edu)