

# 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 as part of the CYdekicks project.

Completing KIN 494 provides opportunities to gain further experience through participating as a Health Coach in ongoing programming through Wellness Works or research with the Walk with Ease program.

## Unique Features of the Course:

- Builds effective communication and listening skills with applications to a array of clinical professions.
- Provides opportunities to get linked to applied behavioral research projects that use health coaching (e.g. CYdekicks or Walk with Ease)
- Fulfills the practicum requirement needed to complete the ISU health coaching certificate



For more information visit the PAHP Lab website (<http://www.physicalactivitylab.org/kin-494.html>). Students need to contact: Dr. Greg Welk to get permission to enroll ([gwelk@iastate.edu](mailto:gwelk@iastate.edu))