

Health Academy Program

Health Coach Blueprint

Blueprint Outline

Evaluation Item	Sections	Percentage
(100 MCQs, 2 hours)	1. Coaching Fundamentals	5
	2. Theories and Models of Behavior Change	10
	3. Wellness and Prevention	25
	4. Diseases Management	25
	5. Health Coaching Skills	35
Total		100%

Note:

- Pass criteria: must obtain a score equal to or higher than the 65% to pass the test.
- Blueprint distributions of the examination may differ up to +/-5% in each category.

References:

1. Jordan, M. (2013). How to be a health coach: an integrative wellness approach. San Rafael, CA: Global Medicine Enterprises, Inc
2. Arloski, M. (2014). Wellness coaching for lasting lifestyle change. Duluth, MN: Whole Person Associates, Inc
3. Gavin, J., & Mcbrearty, M. (2019). Lifestyle wellness coaching. Champaign, IL: Human Kinetics
4. Prochaska, J.O., & Prochaska, J.M. (2016). Changing to thrive: using the stages of change to overcome the top threats to your health and happiness. Center City, MN: Hazelden Publishing
5. Hussein GM, Alkabba AF, Kasule OH. Professionalism and Ethics Handbook for Residents (PEHR): A Practical Guide. Ware J, Kattan T (eds). 1st Edition. Riyadh, Saudi Arabia: Saudi Commission for Health Specialties, 2015
6. Ware, J., Ed. (2015). Professionalism and ethics handbook for residents a practical guide Saudi Commission for Health Specialties
7. Margaret M. (2016): Coaching Psychology Manual (2nd Edition), wellcoaches.
8. Miller, W. R., & Rollnick, S. (2013). Motivational interviewing: helping people change. New York: Guilford Press
9. Muth, N.G., & Green, D.J. (2014). Coaching behavior change
10. MyPlate (ChooseMyPlate.gov; current CDC guidelines)
11. Healthy eating plate (Health.Harvard.edu)



12. Katz, D. L., & Meller, S. (2014). Can we say what diet is best for health? Annual review of public health, 35, 83-103
13. Physical activity guidelines (HHS.gov)
14. Garber, C. E., Blissmer, B., Deschenes, M. R., Franklin, B. A., Lamonte, M. J., Lee, I. M., ... & Swain, D. P. (2011). Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise. Medicine & Science in Sports & Exercise, 43(7), 1334-1359
15. Jee, H. (2017). Review of researches on smartphone applications for physical activity promotion in healthy adults. Journal of Exercise Rehabilitation, 13(1), 3-11. Modave, F., Bian, J., Leavitt, T., Bromwell, J., Harris III, C., & Vincent, H. (2015). Low quality of free coaching apps with respect to the American College of Sports Medicine guidelines: a review of current mobile apps. Journal of Medical Internet Research mHealth and uHealth, 3(3), e77
16. Sullivan, A. N., & Lachman, M. E. (2017). Behavior change with fitness technology in sedentary adults: a review of the evidence for increasing physical activity. Frontiers in Public Health, 4
17. Common sleep disorders (CDC.gov)
18. Sleep and chronic disease (CDC.gov)
19. Sleep hygiene (CDC.gov)
20. MentalHealth.gov
21. Psychiatry.org
22. APA.org
23. NIH.gov
24. Saudi Food and drug authority
25. Ministry of Health
26. <https://www.moh.gov.sa/HealthAwareness/EducationalContent/Diseases/Pages/default.aspx>
27. <https://kaahe.org/en-us/Pages/Disease/Landing.aspx?src=Diseases>
28. <https://www.nice.org.uk/guidance>
29. <https://www.cdc.gov/DiseasesConditions/>
30. <https://www.who.int/>
31. <https://www.aafp.org/patient-care/browse/type.tag-clinical-practice-guidelines.html>
32. <https://www.guidelinecentral.com/>
33. <https://www.ncbi.nlm.nih.gov/pubmed/>
34. <https://www.scfhs.org.sa/en/Pages/default.aspx>
35. <https://www.uptodate.com/contents/table-of-contents/patient-education>
36. Rafael, CA: Global Medicine Enterprises, Inc
37. Rayes, F. (2016). "Communication Skills Key Understanding " Saudi Commission for Health Specialties
38. Motivational interviewing:
http://wisewoman.info/motivational_interviewing.html

Open Journals:

- <https://bmjopen.bmj.com>
- <https://jamanetwork.com/journals/jamanetworkopen>
- <https://www.aafp.org/journals.html>

Free Applications:



DM

- National Diabetes Prevention and Control Program
<http://ndpcp-moh.com/>
- 2019 American diabetic association- Standards of Medical Care in Diabetes (ADA)
https://care.diabetesjournals.org/content/diacare/suppl/2018/12/17/42.Supplement_1.DC1/DC_42_S1_2019_UPDATED.pdf
- 2016 International Diabetes Federation/diabetes and Ramadan International Alliance (IDA/DAR)
https://www.worlddiabetesfoundation.org/sites/default/files/IDF%20%26%20DAR%20Guidelines%20April-16-low_0.pdf

BMJ open diabetes research & care <https://drc.bmj.com/>

- Recommendations for management of diabetes during Ramadan
- Impact of an individualized type 2 diabetes education program on clinical outcomes during Ramadan
- Recommendations for management of diabetes and its complications during Hajj (Muslim pilgrimage)

HTN

- 2018 Saudi Hypertension Management Society (SHMS)
<https://goo.gl/k2kzuN>
- 2017 guideline for the prevention, detection, evaluation and management of high blood pressure in adults (ACC)
https://www.acc.org/~media/Non-Clinical/Files-PDFs-Excel-MS-Word-etc/Guidelines/2017/Guidelines_Made_Simple_2017_HBP.pdf

Dyslipidemia

- 2018 American College of Cardiology Guideline on the Management of Blood Cholesterol (ACC)

<https://www.acc.org/~media/Non-Clinical/Files-PDFs-Excel-MS-Word-etc/Guidelines/2018/Guidelines-Made-Simple-Tool-2018-Cholesterol.pdf>

Asthma

- 2019 Saudi Initiative for Asthma (SINA)

<http://www.thoracicmedicine.org>

- 2019 Global Initiatives for Asthma (GINA)

<https://ginasthma.org/wp-content/uploads/2019/04/GINA-2019-main-Pocket-Guide-wms.pdf>

Obesity:

- 2016 Saudi guidelines on the Prevention and Management of Obesity (MOH/SASMBS)

<https://www.moh.gov.sa/Ministry/About/Health%20Policies/008.pdf>

- van der Vinne E. (2009). The ultimate goal of disease management: improved quality of life by patient centric care. *International journal of integrated care*, 9, e89. doi:10.5334/ijic.321
- "Disease Management Program Description." Tufts Health Plan. Retrieved from (<https://tuftshealthplan.com/documents/providers/guidelines/clinical-resources/thpp-dm-program-description>)

Note:

- This list is intended for use as a study aid only. SCFHS does not intend the list to imply endorsement of these specific references, nor are the exam questions necessarily taken solely from these sources.