



Faculty of Arts and Social Sciences
Sports Science

Syllabus

Motivational Interviewing and Behaviour Change

Course Code:	IDGMI1
Course Title:	Motivational Interviewing and Behaviour Change <i>Motiverande samtal och förändringsprocesser</i>
Credits:	7.5
Degree Level:	Undergraduate level
Progressive Specialisation:	First cycle, has only upper-secondary level entry requirements (G1N)

Major Field of Study:
IVA (Sports Science)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2019-02-13, and is valid from the Autumn semester 2019 at Karlstad University.

Prerequisites

General admission requirements

Learning Outcomes

Upon completion of the course, students should be able to:

- give an account of the theoretical foundations and approaches of Motivational Interviewing (MI),
- apply Motivational Interviewing from a perspective centred on the individual in order to support behavioural change,
- describe and give an account of concepts, motivational theories, and models in relation to processes of change,
- reflect upon the application of Motivational Interviewing in relation to the ethical aspects of their own profession,

- perform simple coding of a recorded motivational interview, and
- reflect upon their own process of learning through the practice of Motivational Interviewing.

Content

The course offers an introduction to Motivational Interviewing and behavioural theories, and various models and concepts are defined and discussed. The aim of the course is that students acquire knowledge of the theoretical foundations and processes of Motivational Interviewing as well as the practical applications. The course components are combined with practical skills training, and the students will have the opportunity to follow and support individuals actively towards change. Students also record motivational interviews and perform simple coding of them. Instruction is in the form of lectures, seminars, practical skills training, and individual assignments.

Reading List

See separate document.

Examination

Assessment is based on an individual oral presentation of the practical implementation of Motivational Interviewing, group seminars, and an individual written take-home exam.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.