

## **PH 515: Motivational Interviewing**

### **[Health, Exercise Sci & Recreation Mgmt](#)**

Motivational Interviewing (MI) is a participant-centered health behavior counseling method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. This course is designed to introduce students to the theory and techniques associated with the MI method, with consideration of diverse environments (community, worksite, health care, research) and varied behavioral issues (healthy lifestyle behaviors, chronic disease prevention). Students in this class will complete readings related to MI, gain additional information from lectures and discussions, and practice skills related to MI.

3 Credits

#### **Instruction Type(s)**

- Lecture: Lecture for PH 515
- Lecture: Web-based Lecture for PH 515
- Lecture: Online Program for PH 515

#### **Subject Areas**

- [Health and Physical Education, General](#)
- [Health and Physical Education/Fitness, Other](#)

#### **Related Areas**

- [Kinesiology and Exercise Science](#)
- [Sport and Fitness Administration/Management](#)

