

## 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

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

