

1.2 - Course Series Overview

The table below provides an overview of Course Series details, including course duration, time commitment, and formats:

| Requirement | Course Name | Course Duration | Time Commitment | Format |
|---------------------------|--|------------------|---|----------------------------|
| 3 Core Courses | Core Course 1: Foundations of Lifestyle Redesign | 7 weeks | 2 to 4 hours per week for course lectures + assignments | Online, paced asynchronous |
| | Core Course 2: Lifestyle Redesign Intervention Delivery | 13 weeks | | |
| | Core Course 3: Program Development, Implementation, and Evaluation | 4 weeks | | |
| 4 Special Topics Courses* | Chronic Pain | 6 weeks | Choose 4 courses to take simultaneously; 3 hours each, 12 hours total | Online, asynchronous |
| | Mental Health | | | |
| | Multiple Sclerosis | | | |
| | Sleep Disorders | | | |
| | Weight Management | | | |
| Mentored Practicum | OT 638 – Mentored Practicum in <i>Lifestyle Redesign</i> (2 units) | 14-week semester | 2 hrs/week in class + 2 hrs/week for assignments | Online, synchronous |

*Additional courses will continuously be added to capture a wide range of population interests.

Core Courses 1, 2 and 3:

- Paced asynchronous format- courses can be completed at preferred pace within the allotted period of time (varies per course)
- 2-4 hours per week spent on reviewing course lectures and completing assignments, if following suggested pacing for module completion
- Synchronous (“live”) participation is not required, though optional opportunities will be available
- Eligible for continuing education (CE) credit

Special Topics Courses:

- Self-paced asynchronous format- course assignments are due by the end of the 6-week course period
- Eligible for CE credit

Mentored Practicum (OT 638):

- This is an academic, 14-week long course with weekly assignments
- 2 hours/week of synchronous (“live”) class sessions
- 2 hours/week of assignments outside of class
- Not eligible for CE credit