

HEALTH AND WELLNESS COACHING, CERTIFICATE

The graduate Certificate in Health & Wellness Coaching is appropriate for any student pursuing a health-related career in which patient/client lifestyle changes are part of prevention or treatment goals. Courses meet partial eligibility requirements for the National Board for Health & Wellness Coaching exam and cover competencies in coaching structure, coaching process, health & wellness, and ethics/legal domains. To be fully board certification exam eligible, students must accumulate 50 coaching sessions each lasting at least 20 minutes, not with family or friends. Support for accumulating coaching sessions will be provided after certificate program completion.

Admission Requirements

Students must hold admission to Graduate School to pursue this certificate program.

Code	Title	Hours
EXER 615	Exercise Pathophysiology	3
EXER 607	Health Behavior Change: Theory to Practice	3
EXER 605	Physiology of Muscular Activity & Exercise	3
or EXER 612	General Medical Aspects	
or EXER 526	Nutrition for Sports	
EXER 611	Health & Wellness Coaching	4
Total Hours		13