

HEALTH & WELLNESS COACHING, CERTIFICATE

Certificate in Health & Wellness Coaching (555239C)

The 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.

The following information has official approval of **The School of Exercise & Nutrition Science** and **The College of Health and Human Sciences**, but is intended only as a guide. Completion of this certificate is contingent upon many factors, including but not limited to: class availability, total number of required credits, work schedule, finances, family, course drops/withdrawals, successfully passing courses, prerequisites, among others.

The following courses constitute a "Certificate in Health & Wellness Coaching" and must be completed with a minimum grade point average of 2.0 overall for the certificate to be noted on the student's record.

Requirements Summary

Code	Title	Hours
Required Courses		12-13
Total Hours		12-13

Required Courses

Code	Title	Hours
HEDU 101	Personal Health	2-3
or EXER 150	Concepts in Health & Fitness	
or SOWK 349	Integrated Human Behavior and Health	
HEDU 202	Stress Management	3
or NUTR 133	Nutrition Fundamentals	
or NURS 217	Pathophysiology for Nurses	
EXER 220	Health Promotion and Behavior Change	3
or SOWK 260	Introduction to Addiction	
or NURS 225	Health Assessment	
EXER 411	Health & Wellness Coaching	4
Total Hours		12-13