

Health Wellness Coaching (HWC)

HWC 2000. Lifestyle Medicine for Health Coaching. (2 Credits)

Examines the use of lifestyle medicine practices in health coaching. Focuses on health biometrics, evidence-based health practices, wellness and well-being concepts, chronic disease, health behaviors, social, and behavioral risks factors such as healthy weight, optimal nutrition and hydration, physical activity and sedentary lifestyle, sleep, stress and emotional wellness, and substance use.