

Health and Wellness Coaching, Certificate of Proficiency

Health and wellness coaching professionals work in government, private, and nonprofit sectors as expert facilitators of sustainable change in mindset and behaviors. Health and wellness coaches are equipped with evidence-based coaching tools to help individuals improve and maintain healthy lifestyles. Students will be prepared to assess, plan, and help individuals implement health and nutrition lifestyle changes. The curriculum provides a solid foundation in essential theories of coaching science and the application of coaching skills, as well as how to assist clients with wellness mapping and practical hands-on mentoring. Employment settings include healthcare facilities, hospitals, state and local health departments, businesses, worksite wellness programs, and a variety of nonprofit organizations. The wellness coaching certificate program at UVU will stack into both the associate and bachelor degrees in Public Health.

Program Requirements

Code	Title	Credit Hours
Total Credit Hours		16
Discipline Core Requirements		
HLTH 1100	Personal Health and Wellness TE	2
HLSC 2450	Health Coaching	3
HLSC 2550	Health Coaching II	3
HLSC 2750	Supervised Coaching	1
HLSC 282R	Health Coaching Experience (Must be taken twice for 1 credit each)	2
HWC 2000	Lifestyle Medicine	2
Complete three credits from the following elective options		3
NUTR 2000	Body Image and Weight Management	
HLSC 1055	Pilates I CoreMax Training	
HLSC 1057	Power Yoga	
HLSC 1405	Womens Safety Awareness and Self Defense	
HLSC 1500	Mindfulness/Meditation/Breathwork	
NUTR 1020	Foundations of Human Nutrition	

Graduation Requirements

1. Completion of the program with the required in-person components.
2. Overall grade point average of 2.0 (C) or above.
3. Residency hours -- minimum of 12 credit hours through course attendance at UVU.

Graduation Plan

This graduation plan is a sample plan and is intended to be a guide. Your specific plan may differ based on your Math and English placement and/or transfer credits applied. You are encouraged to meet with an advisor and set up an individualized graduation plan in Wolverine Track (<http://www.uvu.edu/wolverinetrack/>).

First Year		Credit Hours
Semester 1		
HLTH 1100	Personal Health and Wellness TE	2
HLSC 2450	Health Coaching	3
HLSC 282R	Health Coaching Experience	1
Credit Hours		6
Semester 2		
HLSC 2550	Health Coaching II	3
HLSC 2750	Supervised Coaching	1
Elective		3
Credit Hours		7
Semester 3		
HLSC 282R	Health Coaching Experience	1

HWC 2000	Lifestyle Medicine	2
	Credit Hours	3
	Total Credit Hours	16

Program Learning Outcomes

1. Facilitate wellness behavior change by empowering the client to self-discover values, resources, and strategies that are individualized and meaningful.
2. Identify risk factors for chronic disease and recommend lifestyle changes to optimize health and wellness.
3. Use empathy and emotional availability to create a positive rapport with clients and ensure their wellness needs are being met.
4. Develop client wellness plans while considering personal preference and goals.
5. Demonstrate best practices for communication such as active listening, writing for clarity, and responding professionally to inquiries.