

Health and Wellness Coaching, Undergraduate Certificate

Visit the Health Sciences page (<https://www.uvu.edu/chps/health-sciences/health-wellness.html>) for more information on the program and access to advising.

Program Description

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.

Program Requirements

Code	Title	Credit Hours
Total Credit Hours		18
Discipline Core Requirements		
HLTH 1100	Personal Health and Wellness	3
HLSC 2000	Lifestyle Medicine	2
HLSC 2450	Health Coaching	3
HLSC 2550	Health Coaching II	3
HLSC 2820	Supervised Coaching I	1
HLSC 2830	Supervised Coaching II	1
Complete five credits from the following elective options		5
HLSC 1055	Pilates	
HLSC 1057	Yoga	
HLSC 1405	Womens Safety Awareness and Self Defense	
HLSC 1500	Mindfulness/Meditation/Breathwork	
HLSC 2400	Mental Health and Mindful Resilience	
NUTR 1020	Foundations of Human Nutrition	
NUTR 2000	Body Image and Mindful Eating	
NUTR 2020	Nutrition Through the Life Cycle	

Graduation Requirements

1. Completion of a minimum of 18 semester credits.
2. Overall grade point average of 2.0 (C) or above.
3. Residency hours -- minimum of 10 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

Semester 1		Credit Hours
HLTH 1100	Personal Health and Wellness	3
HLSC 2450	Health Coaching	3
HLSC 2820	Supervised Coaching I	1
Elective		2
Credit Hours		9

Semester 2

HLSC 2000	Lifestyle Medicine	2
HLSC 2550	Health Coaching II	3
HLSC 2830	Supervised Coaching II	1
Elective		3
Credit Hours		9
Total Credit Hours		18

An online graduation plan offers students a flexible yet structured approach to their academic journey. While this sample serves as a general guideline, individual plans may differ based on Math and English placement scores. Meeting with an academic advisor is strongly recommended to customize plans and ensure all graduation requirements are met.

Online course options are available at <https://www.uvu.edu/online/courses/index.html> (<https://www.uvu.edu/online/courses/>), and advising support is available through your assigned advisor.

Course	Title	Credit Hours
First Year		
Semester 1		
HLTH 1100	Personal Health and Wellness	3
HLSC 2450	Health Coaching	3
HLSC 2820	Supervised Coaching I	1
HLSC 1057	Yoga	1
HLSC 1500	Mindfulness/Meditation/Breathwork	1
Credit Hours		9
Semester 2		
HLSC 2000	Lifestyle Medicine	2
HLSC 2550	Health Coaching II	3
HLSC 2830	Supervised Coaching	1
HLSC 2400	Mental Health and Mindful Resilience	3
Credit Hours		9
Total Credit Hours		18

Program Learning Outcomes

1. Identify risk factors for chronic disease and recommend lifestyle changes to optimize health and wellness.
2. Develop client wellness plans while considering personal preference and goals.
3. Demonstrate best practices for communication such as active listening, writing for clarity, and responding professionally to inquiries.

Health education specialists

- Total Positions 62,100
- Field Growth 7.0%
- Median Salary \$62,860
- Average Openings 6.7

Community health workers

- Total Positions 63,400
- Field Growth 13.1%
- Median Salary \$48,200
- Average Openings 7.5