Wellness Coaching Certificate

Wellness Coaching Certificate Requirements

15-16 credits

Code	Title	Hours
Required Courses		
XSCI 2120	Principles of Fitness and Lifestyle Management	3
or XSCI 2200	Nutrition for Sport and Exercise	
XSCI 2060	Sport and Exercise Psychology	3
or XSCI 4500	Theories of Behavioral Change	
XSCI 3700 & XSCI 3705	Physiology of Exercise and Physiology of Exercise Lab [1]	3-4
or XSCI 4230	Applied Fitness Development for Aging and At-Risk Populations	
XSCI 4010	Health Coaching Concepts and Skills I	3
XSCI 4020	Health Coaching Concepts and Skills II	3
Total Hours		**15-16**

1. COURSE FEE REQUIRED. See course fee tab for details.

Completion Requirements

1. Cumulative GPA 2.0 or higher.
2. Grade C- or higher in each course.

Wellness Coach Certificate Program Learning Outcomes

At the successful conclusion of this program, students will be able to:

1. Demonstrate approved “best practices” for communicating effectively and empathetically with clients, potentiating health and wellness behaviors.
2. Assess strategies for facilitating behavior change by empowering the client to self-discover values, resources, and strategies that are individualized and meaningful.
3. Develop skills to empower clients to become expert in navigating their own life, based upon personal preferences and past experiences.
4. Identify risk factors for chronic disease, commonly used biometric measures, and current lifestyle recommendations for optimizing health, recognizing potential imminent danger and medical red flags, and to know when and how to refer to another health care professional.