

Wellness Coaching Certificate

Wellness Coaching Certificate Requirements

15-16 credits

Code	Title	Hours
Required Courses		
XSCI 2120 or XSCI 2200	Principles of Fitness and Lifestyle Management Nutrition for Sport and Exercise	3
XSCI 2060 or XSCI 4500	Sport and Exercise Psychology Theories of Behavioral Change	3
XSCI 3700 & XSCI 3705 or XSCI 3510 or XSCI 4230	Physiology of Exercise and Physiology of Exercise Lab Applied Exercise Physiology Applied Fitness Development for Aging and At-Risk Populations	3-4
XSCI 4010	Health Coaching Concepts and Skills I	3
XSCI 4020	Health Coaching Concepts and Skills II	3
Total Hours		15-16

Completion Requirements

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