

Health & Wellness Coaching Certificate



Kim Isaac, PhD, AT, LAT
HWC Director
kim.isaac@rm.edu

1800 South Novell Place
Provo, UT 84606
801-375-5125
www.rm.edu

Curriculum

The Health & Wellness Coaching certificate is designed for individuals who have a desire to develop the knowledge and skills to facilitate sustainable behavior change. Focus is on increasing proficiency in utilizing evidence-based coaching techniques such as motivational interviewing, positive psychology, and appreciative and strength-based inquiry while enhancing coaching to foster long-term success in clients, patients, or anyone who would benefit from making positive changes in their lives. Earning the certificate will prepare you for and make you eligible to take the exam to become a National Board-Certified Health and Wellness Coach.

Program Outcomes

At the completion of the Health & Wellness Coaching certificate program the student is expected to:

1. Explore current evidence and theories related to behavior change.
2. Develop health and wellness coaching competency.
3. Prepare students for the National Board-Certified Health & Wellness Coach examination.

Admission Requirements

1. A minimum of a bachelor's degree in a health/wellness related field.
2. Possess information technology skills sufficient to participate effectively in an online learning management system, such as Canvas, Web Study, and Zoom Video Conferencing.

Program Requirements

Course Code	Title	Credits	Method of Delivery	Semester Offered
WE 710	Theories & Application of Wellness Coaching	3	Online w/ Required Synchronous sessions	All Semesters
WE 711	Advanced Wellness Coaching**	3	Online w/Required Synchronous sessions	All Semesters
WE 718	Wellness Coaching Practicum +	(3)		Summer & Fall
Required Credits		6 - (9)		

Students may start certificate program in any semester, but may be asked to delay for a semester due to low enrollments in program.

** Course includes prerequisite requirement, see course description for further details.

+Course is optional with additional tuition required.

Course Descriptions

WE 710 Theories & Application of Wellness Coaching (3 credits)

This course explores health promotion and wellness, social determinants of health, health education, and public health programs. The theoretical basis and the evidence supporting health and wellness coaching will be discussed. Theories of behavior change and wellness coaching will be evaluated. Coaching strategies to be developed include motivational interviewing, appreciative inquiry, and positive psychology. Focus will be placed on developing one-on-one practical coaching skills while emphasizing ethical and legal practice considerations. Several synchronous sessions are required.

WE 711 Advanced Wellness Coaching (3 credits)

This course provides an opportunity to practice and develop the health/wellness coaching competency required for teaching and practicing coaching. Knowledge and skills developed in prerequisite courses are synthesized and expanded. Emphasis is placed on the application of coaching skills, and practice sessions with feedback are included. Also included is the business of health/wellness coaching including ethics and legalities. A practical skills exam and several synchronous sessions are required. *Prerequisite: WE 710*

WE 718 Wellness Coaching Practicum**(3 credits)**

This practicum course allows students to complete required coaching sessions while being mentored by an NBC-HWC certified coach. Emphasis is placed on mentorship oversight and providing valuable, proven tactics for new coaches transitioning to independent health and wellness coaches. Other topics including marketing, business development, social media, test preparation, and other higher-level coaching practice will be explored. This course is optional and not required to be eligible for the NBC-HWC exam. (*Prerequisite: WE 711*)