

Health and Wellness Coaching, Certificate of Proficiency

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Requirements

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.

Total Program Credits: 16

Discipline Core Requirements:		17 Credits
HLTH 1100	Personal Health and Wellness TE	2
HLTH 2450	Health Coaching	3
HLTH 2550	Health Coaching II	3
HLTH 2750	Supervised Coaching	1
HLTH 282R	Coaching Internship	2
HWC 2000	Lifestyle Medicine for Health Coaching	2
Complete three credits from the following elective options		3
HLTH 2000	Body Image and Weight Management (3)	
HLTH 1055	Pilates I CoreMax Training (3)	
HLTH 1057	Power Yoga (3)	
HLTH 1405	Safety Awareness and Self Defense (3)	
HLTH 1500	Mindfulness/ Meditation/Breathwork (3)	
NUTR 1020	Foundations of Human Nutrition (3)	

Graduation Requirements:

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

Health and Wellness Coaching, Certificate of Proficiency 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](#).

Semester 1	Course Title	Credit Hours
HLTH 1100	Personal Health and Wellness TE	2
HLTH 2450	Health Coaching	3
Elective		3
Semester total:		8
Semester 2	Course Title	Credit Hours
HLTH 282R	Coaching Internship	2
HWC 2000	Lifestyle Medicine for Health Coaching	2
Semester total:		4
Semester 3	Course Title	Credit Hours
HLTH 2550	Health Coaching II	3
HLTH 2750	Supervised Coaching	1
Semester total:		4
Degree total:		16