

# WELLNESS COACHING, CERTIFICATE OF ACHIEVEMENT

## 3\_CN\_WELL

This certificate trains individuals in the core competencies of the coaching profession, including skills in relationship-building, active listening, powerful questioning, goal-setting, positive psychology, and motivational interviewing. Enhanced knowledge in the areas of nutrition, fitness, and mindfulness practices are a vital part of the curriculum to prepare individuals to work in a variety of professional settings in the emerging field of Health and Wellness Coaching. This certificate focuses on empowering clients to make healthy lifestyle choices and lasting behavioral changes in order to optimize their health and well-being.

## Program Level Student Learning Outcomes

Upon completion of this program, students will be able to:

1. Assess client wellness within accepted professional standards and within the scope of practice.
2. Implement comprehensive behavior change programs including the cognitive-, effective-, and psychomotor-learning domains.
3. Comply with professional standards, ethics, and applicable laws and regulations regarding the practice of Wellness Coaching.

## Certificate Graduation Requirements

A Certificate is awarded upon completion of the required coursework with a grade of C or higher in each course. To receive the certificate, the student must file a petition for graduation during his/her final semester. In addition:

### Certificate of Achievement

- Student must be in attendance at the time requirements are completed.
- Students must also earn a minimum of 12 units of coursework at Coastline, excluding experiential credit.
- A student with prior experience may be excused from certain certificate courses.
- 50 percent of the certificate program's units must be completed at Coastline no matter how the total number of units required for the certificate can be met.

Course	Title	Units
Required Core:		
FN C170	Nutrition	3
HLTH C100	Personal Health	3
HLTH C120	Introduction to Wellness Coaching <sup>1</sup>	3
HLTH C230	Health Psychology	3
Elective Courses		6
Select six units from the following:		
BIOL C102	Introduction to the Concepts of Anatomy and Physiology	
FN C180	Nutrition and Disease	

Course	Title	Units
FN C225	Nutrition and Aging <sup>1</sup>	
KIN C190	Physiology of Exercise	
KIN C201 or PE C201	Fitness for Life <sup>1,2</sup> Fitness for Life	
KIN C289	Exercise Assessment and Program Implementation <sup>2</sup>	
Total Units		18

- <sup>1</sup> Taking HLTH C120 Introduction to Wellness Coaching AND KIN C201 Fitness for Life OR FN C225 Nutrition and Aging will prepare you to take National Certification Exams.
- <sup>2</sup> Students wishing to gain the skills to be a Physical Trainer should take KIN C201 Fitness for Life/PE C201 Fitness for Life AND KIN C289 Exercise Assessment and Program Implementation. These courses will prepare you to take National Certification Exams offered by agencies, such as the National Strength and Conditioning Association or the American Council on Exercise.