

WELLNESS COACHING, CERTIFICATE OF ACHIEVEMENT

Banner Code: 3_CN_WELL

Control Number: 39477

Financial Aid Eligible

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. A grade of P (Pass) is acceptable, however, the student must meet an overall GPA requirement of 2.0 to receive the certificate. To receive the certificate, a student must file a petition for graduation during their final semester prior to the application deadline as noted on the Coastline Graduation webpage (<https://www.coastline.edu/student-life/graduation.php>).

Certificate of Achievement

Certificate programs are designed to prepare individuals to enter a particular field of employment or to provide in-service training to those already employed. Certificates of Achievements are majors that include 16 units or more and will be posted on the transcript. They may be used as elective units towards the A.A. or A.S. Degree.

- 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		
Complete the following:		
FN C170	Nutrition	3
HLTH C100	Personal Health	3
HLTH C120	Introduction to Wellness Coaching ¹	3
HLTH C230	Health Psychology	3
Elective Courses		
Select six units of the following:		
BIOL C102	Introduction to the Concepts of Anatomy and Physiology	6
FN C180	Nutrition and Disease	
FN C225	Nutrition through the Lifecycle ¹	
KIN C190	Physiology of Exercise	
KIN C201	Fitness for Life ^{1,2}	
or PE C201	Fitness for Life	
KIN C289	Exercise Testing and Prescription ²	
Total Units		18

- ¹ Taking HLTH C120 Introduction to Wellness Coaching AND KIN C201 Fitness for Life/PE C201 Fitness for Life OR FN C225 Nutrition through the Lifecycle will prepare you to take National Certification Exams.
- ² 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 Testing and Prescription. 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.