

INTEGRATIVE HEALTH COACH, ASSOCIATE IN SCIENCE DEGREE

Banner Code: 1_AS_IHC

Control Number: 38587

Financial Aid Eligible

The Integrative Health Coach will have a holistic approach to patient services and will have knowledge of integrative modalities that support health and wellness. Integrative Health Coaches assist patients in understanding the recommendations of their clinicians for improved health outcomes. Tools used by Integrative Health Coach include goal setting for behavior change, motivational interviewing, and health education. Their understanding of the U.S. healthcare system and health insurance will allow them to help patients navigate the healthcare system, assuring that patients are connected to services including under coverage and/or connecting the patient to additional community resources. The Integrative Health Coach program will prepare students to serve on health care teams, providing patient navigational support in understanding and accessing medical care.

The Integrative Health Coach empowers patients to make lasting health behavior changes that are the cornerstones of lifelong well-being. It bridges the gap between medical recommendations and patients' ability to successfully implement their clinician's recommendations into their behavior choices.

Students who complete the Integrative Health Coach Certificate of Achievement may elect to complete additional graduation requirements and earn an Associate of Science, Integrative Health Coach. The program is structured to allow students who have completed the Medical Assisting program can complete the requirements in one semester. It will also benefit individuals who are currently working within health care or who have completed an undergraduate degree and desire additional skills.

Program Outcomes

1. Students will have the knowledge, skills, and social-emotional intelligence to be successful members of an integrated healthcare team.
2. Students will understand basic disease etiology and treatment and be able to assist patients in developing prevention behaviors and lifestyle changes for improved treatment adherence and health outcomes.
3. Students will have the skills necessary to motivate patients in setting realistic goals for behavior change that promotes health and wellness.
4. Apply appropriate educational techniques with clients, patients, groups, or communities that encourage improved wellness and health behaviors.

Associate in Science Degree Requirements

1. **UNIT REQUIREMENT** - 60 UNITS, with at least a 2.0 grade point average. At least 12 of the units must be earned at OCC, with a minimum of one course taken for a letter grade. At least 3 units in

an advanced course from the program must be completed at OCC. A student must be enrolled at the time of application for graduation. Units earned at an accredited college or university on a credit/no credit basis will be counted toward the degree requirements of the college, to a maximum of 15 units.

2. **MAJOR REQUIREMENT** - Complete the AS major requirements.
3. **MATHEMATICS REQUIREMENT** - Demonstrate competence in mathematics by either obtaining a satisfactory grade (grade of "C" or better or "pass") in a mathematics course at or above the level of Intermediate Algebra as demonstrated by prior coursework, or by demonstrating competency that is comparable through the completion of a college-level math course that has Intermediate Algebra as a prerequisite: Psychology A160 or Math A100 or higher, with the exception of Math A220.
4. **GENERAL EDUCATION REQUIREMENT** - Students may choose to complete Option 1 (OCC AS GE) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-science-general-education-option-1/>), Option 2 (CSU GE) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-2/>), or Option 3 (IGETC) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-3/>) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-3/>) to satisfy the general education requirement. See the General Education Patterns section of this catalog for more information.

Course	Title	Units
Required Courses		
ALH A111	Medical Terminology	3
ALH A115	Patient Care	2.5
or INHL A115	Clinical Skills for the Integrative Health Coach	
ALH A120	Human Diseases	2
FN A140	Introduction to Nutrition Concepts	2-3
or FN A170	Nutrition	
INHL A100	Integrative Health Coach Principles & Practice I	3
INHL A200	Principles & Practice II	3
INHL/PUBH A210	Navigating the U.S. Health Care System, Health Insurance, Public Assistance, and Benefits Programs	3-5
or MA A205	Administrative Medical Assisting 2	
INHL/PUBH A220	Techniques and Topics in Health Education	3
INHL A225	Introduction to Complementary and Alternative Medicine	3
INHL A250	Integrative Health Coach Supervised Practice	2
<i>Restricted Electives - Select one course:</i>		3
HTT A180	Enhancing Guest Service	
INHL A230	Assessing and Analyzing Health Information	
KIN A284	Theory of Yoga	
MA A150	Medical Assisting Core	
NC A180	Introduction to Medical Nutrition Therapy	
PUBH A200	Introduction to Public Health	

Course	Title	Units
PUBH A203	Health and Social Justice	
Total Units		29.5-32.5
Requirement		Units
Program Major Units		29.5-32.5
AS General Education Option 1, 2, or 3		Varies
Transferable electives to satisfy unit requirement		Varies
Total Minimum Degree Units		60

Program Sequence

These sequences at Orange Coast College are general course curriculum maps for students to finish all major and general education requirements for two-year completion of degrees, and/or fulfillment of transfer requirements. The course sequence may include course prerequisites and other placement requirements. **Students are advised to meet with an Orange Coast College Counselor to review course selections and sequences to ensure that completion of this program will meet a student's transfer and career goals.**

Course	Title	Units
Year 1		
Semester 1		
ALH A111	Medical Terminology	3
OCC AS GE AREA A1 - CHOOSE ONE		3
OCC AS GE AREA C1 - CHOOSE ONE		3
OCC AS GE AREA D - CHOOSE ONE ¹		3
ELECTIVE (DEGREE APPLICABLE)		3
Units		15
Semester 2		
OCC AS GE AREA A2- CHOOSE ONE ²		3-4
OCC AS GE AREA B - CHOOSE ONE		3-4
OCC AS GE AREA C2 - CHOOSE ONE		3
Select one of the following or satisfy Math competency (completion of High School Algebra 2 with a "C" or better):		3-4
MATH A030	Intermediate Algebra (or higher) ³	
or MATH A045	or Combined Elementary and Intermediate Algebra	
ELECTIVE (DEGREE APPLICABLE)		3
Units		15-18
Year 2		
Semester 1		
ALH A115	Patient Care	2.5
or INHL A115	or Clinical Skills for the Integrative Health Coach	
ALH A120	Human Diseases	2
INHL A100	Integrative Health Coach Principles & Practice I	3
FN A140	Introduction to Nutrition Concepts	2-3
or FN A170	or Nutrition	
INHL/PUBH A210	Navigating the U.S. Health Care System, Health Insurance, Public Assistance, and Benefits Programs	3-5
or MA A205	or Administrative Medical Assisting 2	

Course	Title	Units
ELECTIVE (DEGREE APPLICABLE) ⁴		3.5
Units		16-19
Semester 2		
AS RESTRICTED ELECTIVE – CHOOSE ONE (See Requirements) or ELECTIVE (DEGREE APPLICABLE) ⁵		3
INHL A200	Principles & Practice II	3
INHL/PUBH A220	Techniques and Topics in Health Education	3
INHL A225	Introduction to Complementary and Alternative Medicine	3
INHL A250	Integrative Health Coach Supervised Practice	2
Units		14
Total Units		60-66

- ¹ PUBH A200 can count for OCC AS GE AREA D and Major Restricted Elective
- ² OCC AS GE AREA A2 - Required if 100-level MATH will not be taken to meet Math competency. If MATH A100 or higher will be taken, then needs to take 3-4 degree applicable elective units
- ³ Highly recommended for Allied Health programs, some state licenses will require Algebra 2 or higher-level math to be completed at the college level. If MATH 100+ level or above (any math, except MATH A220) is taken, then it also meets OCC AS GE AREA A2.
- ⁴ VARIES TO REACH MINIMUM 60 DEGREE APPLICABLE UNITS
- ⁵ Can choose degree applicable elective if PUBH A200 was chosen for OCC AS GE AREA D