

INTEGRATIVE HEALTH COACH, CERTIFICATE OF ACHIEVEMENT

Financial Aid Eligible

Banner Code: 1_CN_IHC

Control Number: 38598

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 dispositions 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 understanding diagnostic test in relationship to behaviors and treatment adherence.

Certificate Requirements

Orange Coast College offers two types of certificate awards in career programs designed to prepare the graduate to enter a particular field of employment. At least 3 units in an advanced course from the certificate must be completed at OCC.

1. **Certificate of Achievement** - 8 units or more in a state-approved program. Certificates of Achievement are not automatically awarded. A petition must be filed in Enrollment Services or online at the beginning of the semester in which the student will be completing his or her final requirements. The petitioning periods are listed in the Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/>) section of this catalog.
2. **Certificate of Specialization** - 16 units or less in a locally approved program. Certificates of Specialization are not automatically

awarded, not printed on official academic transcripts, and there is no acknowledgment of completion given at graduation. Please contact the division for details regarding the submission of petitions as procedures for each division vary. Most division offices prefer that students complete all of the required courses and then provide a copy of the transcript while some divisions allow petitions for Certificates of Specialization before finishing.

Minimum Grade Requirement

In order to be awarded a certificate, students are required to obtain a grade of "C" or better in all program-required courses. Grades of "CR" or "P" will be accepted whereas "CR" or "P" meets the equivalency of a "C" or better. A list of certificate programs can be found in the Programs A-Z (<https://catalog.cccd.edu/orange-coast/programs-study/>) section of this catalog. Check with a counselor to determine the requirements for completion.

Course	Title	Units
Semester 1		
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
INHL A100	Integrative Health Coach Principles & Practice	3
FN A140	Introduction to Nutrition Concepts	2-3
or FN A170	Nutrition	
Subtotal		12.5-13.5
Semester 2		
INHL A210	Navigating the U.S. Health Care System, Health Insurance, Public Assistance, and Benefits Programs	3-5
or MA A205	Administrative Medical Assisting 2	
or PUBH A210	Navigating the U.S. Health Care System, Health Insurance, Public Assistance, and Benefits Programs	
INHL A220	Techniques and Topics in Health Education	3
or PUBH A220	Techniques and Topics in Health Education	
INHL A225	Introduction to Complementary and Alternative Medicine	3
INHL A250	Integrative Health Coach Internship	2
Subtotal		11-13
Restricted Electives	Students must complete a minimum of one course from the list below.	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	
PUBH A203	Health and Social Justice	
Total Units		26.5-29.5