INTEGRATIVE HEALTH COACH, CERTIFICATE OF ACHIEVEMENT

Banner Code: 1_CN_IHC
Control Number: 38598
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.

Review Graduation Requirements (https://catalog.cccd.edu/orange-coast/graduation-requirements/certificates/#achievementtext).

Course	Title	Units
Required Courses		
ALH A111	Medical Terminology	3
ALH A115	Patient Care	2-2.5
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
Restricted Electives - Select one course:		*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		**29-32.5**

Program Sequence

These sequences at Orange Coast College are curriculum maps for students to finish all requirements for the certificate. There may be advisories, prerequisites, or time requirements that students need to consider before following these maps. **Students are advised to meet with an Orange Coast College Counselor for alternate sequencing.**

Course	Title	Units
Year 1		
Semester 1		
ALH A115 or INHL A115	Patient Care or Clinical Skills for the Integrative Health Coach	2-2.5
ALH A120	Human Diseases	2
INHL A100	Integrative Health Coach Principles & Practice I	3
FN A140 or FN A170	Introduction to Nutrition Concepts or Nutrition	2-3
INHL/PUBH A210 or MA A205	Navigating the U.S. Health Care System, Health Insurance, Public Assistance, and Benefits Programs or Administrative Medical Assisting 2	3-5
ALH A111	Medical Terminology	3
	Units	**15-18.5**
Semester 2		
CERT RESTRICTED ELECTIVE - CHOOSE ONE (See Requirements)		3

Course	Title	Units
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
INHL A200	Principles & Practice II	3
	Units	**14**
	Total Units	**29-32.5**