

HEALTH BEHAVIOR COACHING CERTIFICATE

NUTR 221N	Basic Human Nutrition	3
Total Hours		25

Minimum Required Grade: C-

Admission requirements for the Certificate Program in Health Behavior Coaching include:

1. Sophomore level or higher standing;
2. 3.0 GPA;
3. BIOH 201N and BIOH 202N or BIOH 113 pre-requisite or co-requisite;
and
4. letter of intent.

The Student Wellness Program and HHP are collaborating on the Health Behavior Coach Certificate. Staff in the Wellness Program will offer the 2 day training and will be able to monitor whether students have met that requirement prior to receiving their certificate.

Post-Secondary Certificate - Health Behavior Coaching

**Phyllis J. Washington College of Education and Human
Sciences**

Degree Specific Credits: 25

Required Cumulative GPA: 3.0

Catalog Year: 2018-2019

Note: In addition to the courses listed below, students must complete or have completed a bachelor's degree from an accredited university.

Summary

Code	Title	Hours
Core Courses		25
Total Hours		25

Core Courses

Note: CHTH 494 must be completed for 2 credits and CHTH 498 must be completed for 3 credits

Code	Title	Hours
Complete all of the following courses:		
CHTH 485	Theories of Health Behaviors and Counseling	3
CHTH 494	Seminar	2
CHTH 498	Internship	3
HTH 370	Peer Health Education	3
HTH 395	Peer Health Practicum	1
HTH 430	Health and Mind/Body/Spirit	3
KIN 201	Basic Exercise Prescription	3
KIN 483	Exercise Disease & Aging	3
KIN 484	Exercise Disease & Aging Lab	1