

## INTEGRATIVE HEALTH AND WELLNESS COACHING MCGS

All students must meet the Requirements for the micro-Certificate of Graduate Study (mCGS)

### OVERVIEW

Integrative health & wellness coaching is an emerging health care profession that focuses on helping people to make and sustain healthy behavioral changes. This mCGS fulfills the educational requirements for National Certification from the National Board of Health and Wellness Coaching.

The University of Vermont's online synchronous micro-Certificate of Graduate Study in Integrative Health and Wellness Coaching is a 9-credit certificate (3 courses) that provides a graduate-level education. Upon completion of the mCGS, students are expected to be able to practice as independent Health and Wellness Coaches who work alongside other health professionals or in more independent settings such as community-based programs. Therefore, the curriculum has both the breadth and depth to prepare students for these work environments. Students will find the curriculum interactive and experiential from day one. The classes are all lecture/lab to allow students to practice the skills they learn each week with each other. The program uses the Simulation Lab twice in the year to bring in simulated clients and have the students practice coaching more challenging clients. Each student must successfully demonstrate 3 or more complete health and wellness coaching sessions and receive individual feedback on each coaching session from a NBC-HWC faculty member.

### SPECIFIC REQUIREMENTS

#### Requirements for Admission to Graduate Studies for the micro-Certificate of Graduate Study

Students are required to have earned a bachelor's degree from an accredited college or university. All graduate students are eligible to apply for the proposed mCGS. Students must apply and be accepted into the mCGS before taking the courses.

#### Minimum Degree Requirements

The following 9 credits are required for the micro-Certificate in Integrative health & wellness coaching.

Requirement Description		Credits
HLTH 5850	Gr Health&Wellness Coaching	4
HLTH 5860	Health & Well Coaching Advance	4
HLTH 5880	Gr Professional Prep HWC	1

All courses need to be completed at UVM within 3 years, and students must be in good academic standing with a GPA of 3.0 or higher. Completion of the micro-certificate will be documented on the student record per University Policy.