

INTEGRATIVE HEALTH AND WELLNESS COACHING UNDERGRADUATE CERTIFICATE

REQUIREMENTS

The certificate consists of 12 credit hours including the following:

HLTH 187	Health Coach Immersion Intro	1
HLTH 188	Motivational Interview Intro *	1
HLTH 189	Health Coach Skills Lab Intro *	2
HLTH 288	Motivational Interview Advance *	1
HLTH 289	Health Coach Skill Lab Advance *	2
HLTH 287	Health Coach Immersion Advance *	1
HLTH 292	HLTH Wellness Coach Practicum	2
2 or more credits selected from the following:		2
HLTH 299	Building your Coaching Career	
COMU 122	Family Wellness Coaching	
HLTH 101	Intro to Integrative Health	
HLTH 295	Advanced Special Topics (Critical Neuroscience: The Mind Body Connection)	
HLTH 297	Independent Study (Integrative Health)	
HLTH 298	Undergraduate Research (Integrative Health Research Assistantship)	

* Includes synchronous lab component on Zoom.

OTHER INFORMATION

The certificate is available to all UVM degree students. GPA of 3.0 required to apply. This is a cohort-based curriculum. Students are expected to stay with their cohort for the first year unless extenuating circumstances arise. Additional electives are in development. Contact Integrative Health Program Director for details.

Recommended schedule for required courses that need to be taken in sequence:

- First Semester: HLTH 187, HLTH 188 and HLTH 189
- Second Semester: HLTH 287, HLTH 288 and HLTH 289.
Students can now begin coaching community members and have completed required coursework to sit for the NBHWC Exam.
- Second Year First Semester: HLTH 292 and elective. Register for national exam if desired.
- Second Year Second Semester: Elective if not yet completed. Sit for the national exam at testing centers located across the US.

National Certification

UVM is a NBHWC Approved Education Provider. Every student who completes the UVM Certificate or meets the minimal eligibility requirements listed above will be eligible to sit the NBHWC National Certification Exam upon completion of 50 practice session (on your own). The NBHWC requires students have an bachelor’s degree or have completed at least 60 academic credits when applying for the exam. Please see <https://nbhwc.org/> for details about applying for the exam. The NBHWC Exam is offered twice a year at testing centers across the US. As an approved educational provider, upon completion of the above listed coursework and passing of the National Certification Exam, an individual can use the following credentials: Jane Smith, NBC-HWC. (National Board Certified – Health and Wellness Coach)