

## INTEGRATIVE HEALTH AND WELLNESS COACHING MINOR

The minor consists of 15 credit hours including the following:

### REQUIREMENTS

HLTH 3840	Health & Well Coach Immersion	1
HLTH 3850	Health & Well Coaching Intro	3
HLTH 3860	Health & Well Coaching Advance	4
HLTH 3920	Hlth Wellness Coach Practicum	3
HLTH 3910	Building your Coaching Career	1
3 CREDITS FROM THE FOLLOWING:		3
CSD 3899	Autism Spect Dis:Assess&Interv	
COMU 2220	Family Wellness Coaching	
HLTH 2010	Intro to Integrative Health	
HLTH 1980	Restore, Rejuvenate&Energize	
HLTH 1990	Special Topics (Introduction to Workplace Wellness)	
HLTH 3994	Teaching Assistantship	
HLTH 3993	Independent Study	
HLTH 3995	Undergraduate Research	

### RESTRICTIONS

Capacity is limited. Students must apply to this minor. The minor is open to students in all majors. This is a cohort based curriculum. Students are expected to stay with their cohort for the first 2 semesters unless extenuating circumstances arise. Electives can be taken at anytime.

### OTHER INFORMATION

UVM is a NBHWC Approved Education Provider. Every student who successfully completes the UVM minor will be eligible to sit the NBHWC National Certification Exam upon completion of 50 practice session. Students taking the HLTH 3920 Practicum will collect some of the required practice sessions with faculty supervision. Students not taking this course will need to collect these hours on their own. The NBHWC requires students have a 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 national certification exam.