

INTEGRATIVE HEALTH AND WELLNESS COACHING MINOR

REQUIREMENTS

The minor consists of 15 credit hours including the following:

Requirement Description		Credits
HLTH 3859	Health & Wellness Coaching (OC)	4
HLTH 3860	Health & Well Coaching Advance (OC, S1)	4
HLTH 3910	Professional Prep for the HWC	1
HLTH 3920	Hlth Wellness Coach Practicum	3
3 CREDITS FROM THE FOLLOWING SPECIALTY TRACKS:		3
CSD 3899	Autism Spect Dis:Assess&Interv (3)	
HLTH 2010	Intro to Integrative Health (GC-1, 3 credits)	
HLTH 1980	Restore, Rejuvenate&Energize (1)	
HLTH 1990	Special Topics (Introduction to Workplace Wellness, 3 credits)	
HLTH 3010	Sci & Evidence Integrativ HLTH (WIL-2, 3 credits)	
HLTH 3993	Independent Study (Integrative Health Independent Study, variable credit 1-3)	
HLTH 3994	Teaching Assistantship (Integrative Health Teaching Assistantship, variable credit 1-3)	
HLTH 3995	Undergraduate Research (Integrative Health Research Assistantship, variable credit 1-3)	

RESTRICTIONS

This minor is open to students in all majors. This is a cohort-based curriculum. Students can begin in the fall or spring semesters with HLTH 3859 and take HLTH 3860 the following semester. Students are encouraged to stay with their cohort for the first 2 semesters. Electives can be taken at any time.

OTHER INFORMATION

UVM is a NBHWC Approved Education Provider. Every student who successfully completes HLTH 3859 and HLTH 3860 will be eligible to sit for the NBHWC National Certification Exam upon completion of 50 practice sessions. 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.