

The PBC in Health and Wellness Coaching

Requires 3 courses: HEA 630, CED 610 and HEA 725

Typical Sequence

Students choose this when adding the PBC to another graduate degree plan of study.

- **YEAR 1**
 - Fall: *courses in your graduate program*
 - Spring: CED 610
- **YEAR 2**
 - Fall: HEA 630
 - Spring: HEA 725

Accelerated 1-year program

Typically for students not in another graduate degree program.

- Fall: CED 610 and HEA 630
- Spring: HEA 725

Students complete at least 9 credit hours during a 2-year period of time to earn the certificate but can be sequenced for completion in two semesters (fall/spring). Academic credit generated in the certificate program may be used to meet requirements in another graduate degree program in accordance with the policies of the Graduate School and in consultation with your advisor.

CED 610 Helping Relationships- 3 credits *

Fundamental principles of providing a helping relationship through counseling and interviewing are integrated in a conceptual framework for subsequent professional studies in counseling. Personal and professional development through skills training in techniques.

Note: may be taken with HEA 630. Enroll in non-CED major section only

HEA 630 Foundations of Health Coaching- 3 credits

Theories, vocabulary, philosophies, tools, and core skills essential to becoming a certified health coach. Emphasis on supporting client's behavior change through a coaching spirit, change framework, and effective communication strategies.

Prerequisites: Admission to the MPH or PhD program in Community Health Education or permission of the instructor.

Notes: may be taken with CED 610

HEA 725 Advanced Community Health Projects- 3 credits

Practicum for scholarly inquiry project developed by the student with faculty guidance. Students will complete supervised preparation experiences (such as observation of professional coaching and/or settings for coaching, case studies and role playing, etc.) and 50 supervised coach sessions in an assigned practicum setting with a designated credentialed preceptor.

Prerequisites: Permission of instructor. Must complete HEA 630 and CED 610

Note: Is an approved HEA elective for MPH student's plan of study

Grade: Satisfactory/Unsatisfactory (S/U).

HEA 725 Practicum Placement

The required 3-credit practicum will prepare you to become a Nationally Board-Certified Health & Wellness Coach. You will be placed in a partnering program where you will work one-on-one with clients under faculty supervision to build your coaching skills. Students are typically required to provide 90 practicum hours at an approved site and will receive site-specific training and orientation, with the weekly work schedule to be determined. Potential sites include:



Clinical- care



Relationship to the MPH Program or other Graduate Programs

This program allows students without an MPH degree who enroll in the certificate program to apply to the MPH program and receive 9 hours of credit toward the degree. However, satisfactory completion of the certificate program does not guarantee admission to the MPH program. All other admission criteria for the MPH program, including transcripts, test scores, letters of recommendation and a supplemental application would have to be completed by the applicant and reviewed by the faculty.



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