

The PBC in Health and Wellness Coaching

Requires 3 courses: HEA 630, CED 610 and 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.

Sample MPH and HWC PBC Course Sequence

Full-Time Student (2 Years to Graduation)	
Year 1 FALL (12 total hours)	HEA 601: Foundations of Public Health HEA 604: Quantitative Methods HEA 607: Determinants of Health HEA 621: Public Health Theories & Strategies
Year 1 SPRING (12 total hours)	HEA 602: Epidemiology Methods (<i>pre-reqs, 601 & 604</i>) CED 610: Helping Relationships (<i>non-CED major section only</i>) * HEA 618: Assessment & Planning 1 (<i>pre-reqs 601& 621</i>) HEA 619: Systems, Leadership & Policy I (<i>pre-reqs, 601 & 607</i>)
Year 1 SUMMER	
Year 2 FALL (12 total hours)	HEA 614: Assessment and Planning II (<i>pre-reqs, 618 & 619</i>) HEA 615: Systems, Leadership & Policy II (<i>pre-reqs, 618 & 619</i>) HEA 625: Evaluation Methods (<i>pre-reqs, 602 & 604</i>) HEA 630: Foundations in Health Coaching
Year 2 SPRING (9 total hours)	HEA 650: Comm Health Internship/ Practicum (<i>6 credits</i>) HEA 725: Practicum in Health Coaching

Sample part-time MPH and HWC PBC Course Sequence

Part-Time Student (3 Years to Graduation)	
Year 1 FALL (6 total hours)	HEA 601: Foundations of Public Health HEA 604: Quantitative Methods
Year 1 SPRING (6 total hours)	HEA 602: Epidemiology Methods (<i>pre-reqs, 601 & 604</i>) CED 610: Helping Relationships (<i>non-CED major section only</i>) *
Year 1 SUMMER	
Year 2 FALL (9 total hours)	HEA 607: Determinants of Health HEA 621: Public Health Theories & Strategies HEA 630: Foundations in Health Coaching
Year 2 SPRING (6 total hours)	HEA 618: Assessment & Planning 1 (<i>pre-reqs 601& 621</i>) HEA 619: Systems, Leadership & Policy I (<i>pre-reqs, 601 & 607</i>)
Year 2 SUMMER	
Year 3 FALL (9 total hours)	HEA 614: Assessment and Planning II (<i>pre-reqs, 618 & 619</i>) HEA 615: Systems, Leadership & Policy II (<i>pre-reqs, 618 & 619</i>) HEA 625: Evaluation Methods (<i>pre-reqs, 602 & 604</i>)
Year 3 SPRING (9 total hours)	HEA 650: Comm Health Internship/ Practicum (<i>6 credits</i>) HEA 725: Practicum in Health Coaching

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



HeartCare

Clinical- care



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.



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