

Cert: Wellness Coach

2021-2022

The Wellness Coach certificate aims to prepare students to be ready to employ health and wellness programs to individuals, including but not limited to weight loss, lifestyle coaching and behavior change, disease risk prevention, and athletic performance training.

The program is rooted in behavior-change science and the principles of lifestyle medicine and addresses all the core competencies of health and wellness coaching within a single learning experience. Students will learn practical and effective strategies that can be implemented to facilitate lifestyle change and positively impact health and well-being.

This program is for exercise professionals and even those in the clinical setting who want to learn and practice active listening, motivational interviewing, and client-centered goal-setting as powerful tools to help others take charge of their health and wellness, regardless of age, gender, and race.

Program Courses

Course No.	Course Title	Credits
EXSC1050	Weight Training	1
EXSC1750 OR 1850	Yoga OR Yoga Core	1
EXSC1900	Worldwide Fitness and Wellness Trends	1
EXSC2010	Essentials of Exercise Science	3
EXSC2100	Concepts of Training	3
EXSC2110	Advanced Fitness Assessment & Exercise Prescription	3
EXSC2270	Essentials of Sport & Exercise Nutrition	3
EXSC2490	Kinesiology	4
EXSC2600	Wellness Coaching and Behavior Change	2
EXSC2700	Wellness Coaching Theory and Practice	3
HLTH1000	Introduction to Mindfulness	2
HLTH1070	Nutrition	3

NHCC Residency and GPA

Course No.	Course Title	Credits
10 Credits must be earned at NHCC:		
2.00 overall GPA for NHCC courses		

Total Credits Required 29

Degree Requirements

2.00 overall GPA for NHCC courses

Gainful Employment Program Information

[Wellness Coach](#)

Career Opportunities

Information on careers, including salary and employment outlook data, is available on the iseek and Bureau of Labor Statistics websites: <https://careerwise.minnstate.edu/careers/> and www.bls.gov.

Accreditation

North Hennepin Community College is accredited by the: Higher Learning Commission 30 N. LaSalle Street, Suite 2400 Chicago, IL 60602-2504 1-800-621-7440

Transfer Information

If you are planning on transferring to another institution, follow the guidelines available on our transfer resources web page to help you plan the process:

[Transfer Information](#)

Degree Information

Certificates may be earned for successful completion of courses in a specialized program of study with a minimum grade point average of 2.00 (C). A certificate shall include 9 to 30 semester credits. At least one-third of the total credits required for each certificate must be completed at North Hennepin Community College.

Developmental Courses

Some students may need preparatory course(s) in Math and/or English. Courses numbered below 1000 will not apply toward a degree.

Equal Opportunity Employer and Disability Access Information

North Hennepin Community College is a member of Minnesota State Colleges and Universities system and an equal opportunity employer and educator. This document is available in alternative formats to individuals with disabilities by calling 763-493-0555 or through the Minnesota Relay Service at 1-800-627-3529.