



# Wellness Coach Certificate

The field of health coaching offers an inspiring and rewarding opportunity for individuals passionate about health and wellness to actively collaborate with clients, assisting them in unlocking their full potential to live healthy lifestyles. From managing stress and setting goals to eating healthy and regularly engaging in physical activity, the health coach serves the unique role of empowering people to take ownership of their health and to discover their motivation for lasting behavior change.

## Wellness Coach Curriculum

### Curriculum

## Program Courses

Course Code	Title	Course Outlines	Goal Areas	Credits
<a href="#">EXSC 1050</a>	Weight Training	<a href="#">View-EXSC 1050</a>	n/a	1
Choose EXSC 1750 EXSC 1850				
<a href="#">EXSC 1750</a>	Yoga <b>or</b>	<a href="#">View-EXSC 1750</a>	n/a	1
EXSC 1850				
<a href="#">EXSC 1900</a>	Worldwide Fitness and Wellness Trends	<a href="#">View-EXSC 1900</a>	n/a	1
<a href="#">EXSC 2010</a>	Essentials of Exercise Science	<a href="#">View-EXSC 2010</a>	n/a	3
<a href="#">EXSC 2100</a>	Concepts of Training	<a href="#">View-EXSC 2100</a>	n/a	3
<a href="#">EXSC 2110</a>	Advanced Fitness Assessment & Exercise Prescription	<a href="#">View-EXSC 2110</a>	n/a	3
<a href="#">EXSC 2270</a>	Essentials of Sport & Exercise Nutrition	<a href="#">View-EXSC 2270</a>	n/a	3
<a href="#">EXSC 2490</a>	Kinesiology	<a href="#">View-EXSC 2490</a>	n/a	4
<a href="#">EXSC 2600</a>	Wellness Coaching and Behavior Change	<a href="#">View-EXSC 2600</a>	n/a	2
<a href="#">EXSC 2700</a>	Wellness Coaching Theory and Practice	<a href="#">View-EXSC 2700</a>	n/a	3
<a href="#">HLTH 1000</a>	Introduction to Mindfulness	<a href="#">View-HLTH 1000</a>	n/a	2
<a href="#">HLTH 1070</a>	Nutrition	<a href="#">View-HLTH 1070</a>	n/a	3

## NHCC Residency and GPA

10 Credits must be earned at NHCC

<b>Total Credits Required</b>	<b>29</b>
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## Program Overview

### 2024-2025

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.

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## Program Outcomes

### **Knowledge of Human Cultures and the Physical and Natural World.**

Apply principles, skills, and methods related to biomechanics, exercise physiology, health promotion, exercise prescription and sport psychology.

### **Intellectual and Practical Skills, Including**

- **Inquiry and analysis** - Apply the clinical and epidemiological evidence linking physical activity and exercise to mental and physical health.

- **Critical and creative thinking** - Apply the scientific method to solve problems related to physical activity and health.
- **Written and oral communication** - Utilize oral and written communication that meets appropriate professional and scientific standards in the field of Kinesiology/Exercise Science.
- **Quantitative literacy** - Evaluate the effectiveness of human movement using mechanical principles.
- **Information literacy** - Associate the organic, skeletal, and neuromuscular structures of the human body to psychological factors associated with diverse physical activities.
- **Teamwork and problem solving** - Work effectively in teams by valuing collaboration, providing service to others, and developing relational techniques for lifelong learning and problem solving.

#### **Personal and Social Responsibility and Engagement, Including**

- **Civic knowledge and involvement** – campus, local and global Apply exercise science related skills to real-world problems through empirical research, internships, field experience, and/or service learning.
- **Intercultural knowledge and competence** - Demonstrate leadership and social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active, healthy lifestyle.
- **Ethical reasoning and action** - Model behavior consistent with that of a Kinesiology professional, including 1) advocacy for a healthy, active lifestyle, 2) adherence to professional ethics, 3) service to others, 4) shared responsibility and successful collaboration with peers, and 5) pursuit of learning beyond NHCC.
- **Foundations and skills for lifelong learning** - Safely Develop an individualized exercise prescription based on scientific principles and appropriate evaluation techniques designed to reduce the risk of chronic disease and avoid injuries.

#### **Integrative and Applied Learning, Including**

- **Synthesis and advanced accomplishment** across general education, liberal studies, specialized studies and activities in the broader campus community. Assimilate, analyze, synthesize and integrate concepts related to the exercise science field. Students will also be able to sit for professional certifications related to personal training, including but not limited to those offered by the National Academy of Sports Medicine, the American Council on Exercise, and select others.

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## **Program Maps**

Program roadmaps provide students with a guide to understand the recommended course sequence to complete their degree.

- **Wellness Coach Certificate Program Roadmap Full Time**

- **Wellness Coach Certificate Program Roadmap Part Time**
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## Career Opportunities

Information on careers, including career descriptions, salary data, and employment outlook is available on the [Bureau of Labor Statistics website](#) and [O\\*Net Online website](#).

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## 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](#)

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## 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 7634930555 or through the Minnesota Relay Service at 18006273529.

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## Accreditation

North Hennepin Community College is accredited by the Higher Learning Commission ([hlcommission.org](https://hlcommission.org)), an institutional accreditation agency recognized by the U.S. Department of Education.

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