

Integrative Health & Wellness Coaching Certificate

Program Requirements..... 29

Wellness Requirement..... 1

Total Credits 30

Program Information

The Integrative Health and Wellness Coaching certificate program is designed to prepare students to practice client-centered, “whole-person” coaching in a variety of settings. The courses in the program include theory, lab, and clinical education opportunities in both integrative health and wellness and coaching. Course content also facilitates a thorough understanding of integrative health and wellness, as well as evidence-based processes for sustainable behavior/lifestyle change, within an increasingly diverse world. Throughout the program, students will be exposed to a variety of content that provides a holistic and practice-based approach to integrative health and wellness coaching. In addition to preparing students for career success in the diverse and growing health and wellness industries, the program is designed to meet requirements for professional certification in health and wellness coaching.

Program Goals

By completing this certificate, students will achieve the following learning goals:

1. Demonstrate proficiency in oral and written communication, interpersonal skills, critical thinking, and problem-solving skills;
2. Evaluate the fundamental principles of integrative health and healing, trends in holistic health and wellness, and the complexities of this advancing field;
3. Demonstrate an understanding of the interconnectedness of mind, body, and spirit of the human system and its application in the integrative health and wellness coaching setting;
4. Integrate an advanced depth of understanding of the diverse psychosocial, cultural, environmental, and global factors of the human experience as they apply to health and wellness coaching;
5. Evaluate the role of healing strategies for self-care (including their application within health and wellness coaching), as well as strategies within the healthcare system;
6. Synthesize the coaching structure and process for tailored application to each client relationship;
7. Apply key coaching psychology theories including Motivational Interviewing, to facilitate client positivity, empowerment, self-efficacy, and self-determination;
8. Identify the growing body of scientific literature to support the efficacy of Integrative Health and Healing, as well as Integrative Health and Wellness Coaching;
9. Describe ethical responsibilities in the practice of holistic healing; integrate the health and wellness coaching scope of practice, legal, and ethical considerations into the coaching practice;
10. Demonstrate proficiency in health and wellness coaching through the synthesis of the foundational and advanced skills, theory, lab, and clinical educational content; and
11. Describe holistic healing philosophies and healing concepts with consideration to the social, cultural, environmental, and global perspectives of healing.

Developmental Courses

Some students may need preparatory courses in the areas of English, mathematics, or reading. Courses numbered below 1000 will not apply toward this degree.

◆ *Course has prerequisite - see course schedule or catalog description.*

^ *Course requires Instructor permission.*

NOTE: You are encouraged to contact an academic advisor at 763-433-1230 for course planning assistance and information about transfer credit evaluation and transfer options.

Completion Requirements

- A minimum of 12 semester credits in courses numbered 1000 or above must be completed at ARCC.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- A minimum grade of C must be earned in all program requirements.
- All course requirements must be complete before a certificate will be awarded.
- To complete your program, please submit the appropriate application found [here](#).
- The requirements of this program are subject to change without notice.

Program Requirements: 29 credits

<input type="checkbox"/> IHH 1100	Introduction to Holistic Healing	3
<input type="checkbox"/> IHH 1103	Movement and Body Manipulation Therapies	3
<input type="checkbox"/> IHH 2101	Mind/Body Connections	3
<input type="checkbox"/> IHH 2102	Food as Medicine/Biologically Based Therapies.....	3
<input type="checkbox"/> IHH 2103	Spirituality and Healing	3
<input type="checkbox"/> IHH 2104	Health and Wellness Coaching Skills	2
<input type="checkbox"/> IHH 2105	Basics in Business and Ethics for the Holistic Practitioner	3
<input type="checkbox"/> IHH 2204◆	Advanced Coaching Skills for a Diverse World	3
<input type="checkbox"/> IHH 2290◆	Integrative Lifestyle Medicine	3
<input type="checkbox"/> IHH 2297^	Internship	3

Wellness Requirement: 1 credit

<input type="checkbox"/> HPER 1117	Introduction to Meditation and Mindfulness.....	1
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Program Sequence:

The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program.

	Fall Semester	Spring Semester
1st YEAR	HPER 1117	IHH 2101
	IHH 1100	IHH 2103
	IHH 1103	IHH 2204
	IHH 2102	IHH 2290
	IHH 2104	IHH 2297
	IHH 2105	
	TOTAL	TOTAL
	15	15