

Program Information

The Associate of Science (AS) in Integrative Health and Wellness Coaching degree program is designed to prepare students to practice client-centered, “whole-person” coaching in a variety of settings. The courses in the program include general education that supports the theory, lab, and clinical educational opportunities in both integrative health and wellness and coaching. Course content also facilitates a thorough understanding of integrative health, wellness, and positive psychology, as well as evidence-based processes for long-term, 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 within 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 program, 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 60 semester credits in courses numbered 1000 or above.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- Satisfy residency requirements.
- A minimum grade of C must be earned in all Program and General Education/MnTC Requirements.
- Completion of specific degree requirements.
- 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

General Education/MnTC Requirements: 30 credits

Complete a minimum of 30 credits from the Minnesota Transfer Curriculum (MnTC), including all courses listed. You must complete at least one course in six of the ten goal areas. One course may satisfy more than one goal area, but the course credits may be counted only once.

<input type="checkbox"/> 1. Communication	
<input type="checkbox"/> ENGL 1120♦ OR ENGL 1121♦	4
<input type="checkbox"/> CMST 2220	3
<input type="checkbox"/> 2. Critical Thinking	
<input type="checkbox"/> 3. Natural Science	
<input type="checkbox"/> 4. Mathematical/Logical Reasoning	
<input type="checkbox"/> 5. History/Social/Behavioral Sciences	
<input type="checkbox"/> ANTH 2201 OR SOC 1111	3
<input type="checkbox"/> INTS/SOC 1200.....	3
<input type="checkbox"/> PSYC 1110	4
<input type="checkbox"/> PSYC 1145	3
<input type="checkbox"/> 6. Humanities/Fine Arts	
<input type="checkbox"/> MUSC 2135	2
<input type="checkbox"/> 7. Human Diversity	
<input type="checkbox"/> 8. Global Perspective	
<input type="checkbox"/> 9. Ethical/Civic Responsibility	
<input type="checkbox"/> PHIL 1110 OR PHIL 1200.....	3
<input type="checkbox"/> 10. People and the Environment	

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. Most program courses are offered online or in the evening.

1 st YEAR	Fall Semester	Spring Semester
	ANTH 2201 or SOC 11113 ENGL 1120/11214 HPER 11171 IHH 11003 IHH 21023 IHH 21042 TOTAL 16	CMST 22203 IHH 21013 IHH 22043 INTS/SOC 12003 PSYC 11453 TOTAL 15
2 nd YEAR	Fall Semester	Spring Semester
	IHH 11033 IHH 21053 MUSC 21352 PHIL 1110 or 12003 PSYC 11104 GenEd1 TOTAL 16	IHH 21033 IHH 22903 IHH 22973 GenEd4 TOTAL 13

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^ *Course requires Instructor permission.*

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