

Certificate in Health and Wellness Coaching

Admission Requirements

1. A four-year bachelor's degree from a recognized college or university.
2. An overall undergraduate grade point average of 2.75 or greater for all undergraduate work or a GPA of at least 3.0 for the junior and senior years of undergraduate work (based on A=4.0).
3. Satisfy the School of Graduate Studies' English Language Proficiency requirements as published in the graduate catalog.

Certificate Requirements

Code	Title	Credits
N&D 560	Nutrition and Health Coaching	3
N&D 550	Nutrition Education and Program Planning	3
N&D 545	Nutrition in Disease Prevention and Wellness	3

In addition to completing all required coursework a minimum of 40 hours of **live**, synchronous training is required by the NBHWC and to meet this requirement, attendance is **mandatory** for every live session throughout the three courses. Each of the three courses will contain a live 8 hour training day through Zoom and additional synchronous class times. Both N&D 560 and N&D 550 will have four, 2-hour sessions and N&D 545 will have two, 2-hour sessions.

Students must pass a practical skills assessment in N&D 550 (spring semester) before logging the required 50 coaching sessions for the national exam.