

# HEALTH AND WELLNESS COACHING AND PROMOTION, SHORT-TERM TECHNICAL CERTIFICATE

Curriculum Code #3030

Effective May 2025

Division of Health and Wellness Sciences (<http://catalog.lorainccc.edu/academic-programs/allied-health-nursing-health-physical-education-recreation/>)

The short-term certificate in health & wellness coaching is designed to prepare an individual for a career in health and wellness coaching/promotion. (ichwc.org/job task analysis). The short-term certificate in health & wellness coaching program will prepare individuals for employment in corporations, fitness or recreation centers, hospitals wellness programs, insurance companies and self-employment. In addition the coursework will prepare an individual for health & wellness coaching certificate programs. The program is intended to enable individuals to utilize the acquired knowledge and skills to enhance existing professional responsibilities. Lorain County Community College has articulation agreements with colleges and universities including programs offered by LCCC's University Partnership.

## First Year

Fall Semester		Hours
BIOG 115 or BIOG 221	BODY STRUCTURE AND FUNCTION <sup>4</sup> or ANATOMY & PHYSIOLOGY I	3-4
HLED 125	INTRODUCTION TO HEALTH AND WELLNESS COACHING <sup>2</sup>	1
HLED 156	HEALTH AND WELLNESS	2
HLED 166	MENTAL HEALTH FIRST AID	1
SDEV 101	INTRODUCTION TO THE LCCC COMMUNITY <sup>3</sup>	1
SDEV 111	SUCCESS COACHING AND MENTORING I	3
SDEV 112	SUCCESS COACHING AND MENTORING II <sup>1</sup>	3
<b>Hours</b>		<b>14-15</b>
Spring Semester		
HLED 181	NUTRITION AND WEIGHT MANAGEMENT STRATEGIES	2
HLED 221	HEALTH PROMOTION AND BEHAVIOR CHANGE <sup>1</sup>	3
HLED 225	HEALTH AND WELLNESS COACHING/PROMOTION PRACTICUM <sup>1</sup>	1
HPED 173	BIOMECHANICS OF RESISTANCE TRAINING	3
Select two of the following HLED courses:		4-5
HLED 151	PERSONAL HEALTH	
HLED 152	COMMUNITY HEALTH	
HLED 157	WOMEN'S HEALTH	
<b>Hours</b>		<b>13-14</b>
<b>Total Hours</b>		<b>27-29</b>

1

Indicates that this course requires a college level prerequisite.

2

Indicates this course requires a prerequisite or may be taken concurrently.

3

A student must register for the orientation course when enrolling for more than six credit hours per semester or any course that would result in an accumulation of 12 or more credit hours.

4

If a student is considering the LCCC associate degree or transferring to the University Partnership consider BIOG 221 & BIOG 222 sequence.

Program Contact(s):

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For information about admissions, enrollment, transfer, graduation and other general questions, please contact your advising team (<https://www.lorainccc.edu/admissions-and-enrollment/advising-and-counseling/>).

Credit for Prior Learning (PLA) options may be available for your program. For more information, please visit our website: [www.lorainccc.edu/PLA/](http://www.lorainccc.edu/PLA/) (<http://www.lorainccc.edu/PLA/>)

1. Apply the health coaching structure while working with individuals or groups as it relates to the following competencies: preparation prior to first session; routine follow-up sessions & coaching program termination.
2. Facilitate the coaching process, coaching relationships/communication techniques as it relates to the following competencies: client-centered relationship; active listening and presence; trust & rapport; focus and refocus the conversation; assist client to evaluate and integrate health information; goals and implementing action; client awareness; intrinsic motivation; client self-efficacy; improve support; client self-discovery; and increase positive psychological resources.
3. Identifies evidence-based health promotion, disease prevention and lifestyle medicine recommendations provided by public health groups such as the Centers for Disease Control (CDC) and National Institutes of Health (NIH) as it relates to the following competencies: health promotion and disease prevention; chronic disease; health behaviors; social and behavioral risk factors.
4. Demonstrate ethical treatment and legal professionalism as it relates to the following competencies: professional conduct: currency in the discipline; International Consortium Health Wellness Coaches (ICHWC) Code of Ethics & ICHWC Health & Wellness Coach Scope of Practice; legal: client records are protected & abide by HIPPA.