

# HEALTH AND WELLNESS COACHING CERTIFICATE

The Health and Wellness Coaching Certificate provides the skills and knowledge needed to excel in the dynamic field of health coaching. Participants will develop and implement a coaching framework to guide health-behavior change using evidence-based techniques and client-centered approaches. Through a practicum, students will engage in one-on-one coaching sessions, gaining hands-on experience and enhancing their skills in real-world settings.

## About this Program

- **College:** Health and Human Performance (<http://catalog.ufl.edu/UGRD/colleges-schools/UGHHU/>)
- **Credits:** 10 | Completed with minimum grades of C or better; courses must be taken at UF.
- **Contact:** 352.392.0578 | 5 Florida Gym (<http://campusmap.ufl.edu/?loc=0021>)
- Student Learning Outcomes (SLOs) (<https://public.tableau.com/app/profile/uf.oipr4918/viz/UFStudentLearningOutcomesCertificatesOnly/StudentLearningOutcomes/?publish=yes>)

*Certificates must comply with the Certificate Policy.*

## Department Information

For more than 60 years, the Department of Health Education and Behavior has been at the forefront of the health promotion and public health field, demonstrating leadership in instruction and mentoring, research and scholarship, and service and practice. By emphasizing innovation and data-driven advancements, the department's efforts ensure that students are well prepared for the health promotion and public health careers of the future.

**Website** (<http://hhp.ufl.edu/about/departments/heb/>)

## CONTACT

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## Curriculum

- Combination Degrees
- Health and Wellness Coaching Certificate
- Health Education and Behavior
- Health Education and Behavior | Community Health Promotion UF Online
- Health Promotion Minor
- Health Promotion Minor UF Online

*This certificate is open to all undergraduates.*

## Required Courses

Code	Title	Credits
HSC 3185	Introduction to Health & Wellness Coaching	3
HSC 4XXXC	Health and Wellness Coaching Application with Lab	4
Select one:		3
HSC 4290	Physical Activity and Community Health	
HSC 4574	Nutrition Education for Special Populations	
HSC 4592C	Scientific Foundations of Holistic Health	
HSC 4694	Worksite Health Promotion	
<b>Total Credits</b>		<b>10</b>