

HEALTH & WELLNESS COACHING, CERTIFICATE OF ACHIEVEMENT

The Health and Wellness Coaching Certificate of Achievement is designed to equip students with the essential skills and knowledge necessary for careers in the rapidly growing field of preventive healthcare and professional wellness support. This program provides a focused, client-centered curriculum that explores the intersection of behavioral change psychology, nutrition, and fitness to facilitate chronic disease prevention and improve overall quality of life.

Through a sequence of four courses, students will master fundamental coaching competencies, including motivational interviewing, lifestyle intervention strategies, and effective communication tailored for diverse professional settings. The program emphasizes a holistic approach to health, integrating a comprehensive understanding of the social determinants of health and lifestyle medicine to prepare students for impactful community outreach and patient-facing roles focused on wellness and risk reduction.

This certificate serves as a vital bridge between education and industry, providing students with the foundational knowledge and practical skills required to pursue health and wellness coaching certifications. Graduates are prepared for entry-level employment in a variety of sectors, including regional healthcare systems, corporate wellness initiatives, and community-based organizations throughout the South Central Coast Region.

Course ID	Title	Units/ Hours
HED M03	Nutrition, Fitness, and Stress Management	3
HED M21	Social Determinants of Health, Disparities and Equities	3
HED M22	Personal Health and Wellness	3
HED M26	Health and Wellness Coaching Fundamentals	3
Total Units		12

Upon successful completion of this program, students will be able to:

- design and implement evidence-based wellness programs that integrate nutrition, fitness, and behavior change psychology to support sustainable lifestyle improvements.
- implement sensitive verbal, non-verbal, and written communication strategies to effectively motivate and engage clients in various professional settings.
- display professional skills, ethical boundaries, and regulatory standards required to practice safely within the health and wellness coaching industry.
- evaluate social and structural determinants of health to identify disparities and advocate for health equity within diverse community and patient-facing settings.