

Requirements

HLTH 3859 OC	Health & Wellness Coaching	4
HLTH 3860 OC, S1	Health & Wellness Coaching Advanced	4
HLTH 3920	Health & Wellness Coach Practicum	3
HLTH 3910	Professional Preparation for the Health & Wellness Coach	1
3 credits from the following speciality tracks:		
CSD 3899	Autism Spectrum Disorders: Issues in Assessment and Intervention	3
HLTH 2010 GC-1	Introduction to Integrative Health	3
HLTH 1980	Restore, Rejuvenate, Energize	1
HSCI 1990	Introduction to Workplace Wellness	3
HLTH 3010 WIL-2	Science and Evidence of Integrative Health	3
HLTH 3994	Integrative Health Teaching Assistantship	Variable credit
HLTH 3993	Integrative Health Independent Study	Variable credit
HLTH 3995	Integrative Health Research Assistantship	Variable credit
Other elective courses are actively being developed at this time	Please check with Karen Westervelt for updates.	

View the UVM Course Directory for descriptions and availability. This Minor is available to students in all majors.

We are offering a Fall start cohort & a Spring start cohort. Classes are offered synchronously over Zoom.

This is a cohort based curriculum. Students are encouraged to stay with their cohort for the first 2 semesters (8 credits) if at all possible. Electives can be taken at anytime.

Recommended schedule for required courses that need to be taken in sequence:

First Semester: HLTH 3859

Second Semester: HLTH 3860

After successful completion of HTLH 3860 students can begin practice coaching community members & will have completed required coursework to sit NBHWC Exam. The National exam is offered at testing centers located across US.

Third Semester or beyond: HLTH 3920 and 3910 Register for national exam if desired.

If you are advising a graduate student. We have a micro graduate certificate in Integrative Health and Wellness Coaching.

Special note for Academic Advisors:

15 credits are required for completion of the UVM UG Health and Wellness Coaching Minor.

If students do not have time or space for the 15 credit Minor but would like to become a Certified Health and Wellness Coach please let them know that only 8 credits are required for eligibility for the NBHWC National Certification exam. The student must take and pass HLTH 3859 and HLTH3860. These classes MUST be taken in sequential order. HLTH 3920 and 3910 are highly recommended for students considering taking the national exam. The earlier this planning meeting starts the better.

National Certification:

Please note that UVM is a NBHWC Approved Education Provider. Every student who completes the UVM Minor meets the minimal eligibility requirements listed above will be eligible to sit the NBHWC National Certification Exam upon completion of 50 practice session. Students taking the HLTH 3920 Practicum will collect some of the required practice sessions with faculty supervision. Students not taking this course will need to collect these hours on their own.

The NBHWC requires students have an bachelor's degree or have completed at least 60 academic credits when applying for the exam. Please see <https://nbhwc.org/> for details about applying for the exam. The NBHWC Exam is offered three times a year at testing centers across the US.

As an approved educational provider, upon completion of the above listed coursework and passing of the National Certification Exam, an individual can use the following credentials:

Jane Smith, NBC-HWC. (National Board Certified – Health and Wellness Coach)

Questions?

Please direct questions to Kelly Tourville, Kelly.tourville@med.uvm.edu Rowell 310 C

or

Integrative Health Program Director, Karen Westervelt, Karen.westervelt@med.uvm.edu, Rowell 310 H.