

Requirements

HLTH (187) 3840	Integrative Health & Wellness Coaching Immersion Introduction	1
HLTH (188 +189) 3850	Health & Wellness Coaching Intro	3
HLTH (287,288,289) 3860*	OC: Health & Wellness Coaching Advanced	4
HLTH (292) 3920	Integrative Health & Wellness Coaching: Practicum	3
HLTH (299) 3910	Integrative Health & Wellness Coaching: Building your Coaching Career	1
3 credits from the following speciality tracks:		
CSD (299) 3899	Autism Spectrum Disorders: Issues in Assessment and Intervention	3
COMU (122) 2220	Family Wellness Coaching	3
HLTH (101) 2010	Introduction to Integrative Health	3
HLTH (098) 1980	Restore, Rejuvenate, Energize	1
HSCI (096) 1990	Introduction to Workplace Wellness	3
HLTH (291) 3994	Integrative Health Teaching Assistantship	Variable credit
HLTH (297) 3993	Integrative Health Independent Study	Variable credit
HLTH (298) 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:

- **Fall start = late August/fall academic semester. This cohort will meet in person.**
- **Spring start = January/spring academic semester. This cohort is hybrid and will meet primarily synchronously online.**

This is a cohort based curriculum. Students are expected to stay with their cohort for the first 2 semesters unless extenuating circumstances arise. Electives can be taken at anytime.

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

First Semester: HLTH 3840, HLTH 3850

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.

HLTH 3860 is for UGs in the Minor, HLTH 5860 is for Graduate Students

HLTH 3920 is for UGs in the Minor, HLTH 5870 is for Graduate Students

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 they can be told that only 8 credits are required for eligibility for the NBHWC National Certification exam. The student must take and pass HLTH 3840, HLTH 3850, and HLTH3860. These classes MUST be taken in sequential order. Students would still need to apply and be accepted into the Minor, they would just not complete it. 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. (**N**ational **B**oard **C**ertified – **H**ealth and **W**ellness **C**oach)

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.