

Requirements

HLTH 187	Integrative Health & Wellness Coaching Immersion Introduction	1
HLTH 188 *	Motivational Interviewing Introduction & Lab	1
HLTH 189 *	Integrative Health & Wellness Coaching Skills Introduction & Lab	2
HLTH 288 *	Motivational Interviewing Advanced & Lab	1
HLTH 289 *	Integrative Health and Wellness Coaching Skills Advanced & Lab	2
HLTH 287	Integrative Health & Wellness Coaching Immersion Advanced	1
HLTH 222 - this is not listed in the 2022 catalogue; I added HLTH 292	Integrative Health & Wellness Coaching: Practicum	2
2+ credits from the following:		
HLTH 299	Integrative Health & Wellness Coaching: Building your Coaching Career	1
COMU 122	Family Wellness Coaching	3
HLTH 101	Integrative Health Care	3
HLTH 295	Critical Neuroscience: The Mind Body Connection	3
HLTH 297	Integrative Health Independent Study	Variable credit
HLTH 298	Integrative Health Research Assistantship	Variable credit
Other elective courses are actively being developed at this time	Please check with Karen Westervelt for updates.	

* HLTH 188, 189, 288, 289 have synchronous lab components to the class on Zoom.

View the UVM Course Directory for descriptions and availability. This certificate 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, Spring start = January/spring academic semester**

This is a cohort based curriculum. Students are expected to stay with their cohort for the first year unless extenuating circumstances arise. Sophomore standing or higher required.

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

First Semester: HLTH 187, HLTH 188 and HLTH 189

Second Semester: HLTH 287, HLTH 288 and HLTH 289

Students can now begin practice coaching community members & have completed required coursework to sit NBHWC Exam.

Second Year First Semester: **HLTH 222**(added 292 instead) and elective. Register for national exam if desired.

Second Year Second Semester: Elective if not yet completed. Sit the national exam at testing centers located across US.

Special note for Academic Advisors:

12 credits are required for completion of the UVM UG Health and Wellness Coaching Certificate. However, only 8 credits are required for eligibility for the NBHWC National Certification exam. The student must take and pass HLTH 187, HLTH 188, HLTH 189, HLTH 287, HLTH 288, HLTH 289. These classes MUST be taken in sequential order. HLTH 222 and 299 is 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 Certificate or meets the minimal eligibility requirements listed above will be eligible to sit the NBHWC National Certification Exam upon completion of 50 practice session (on your 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 twice 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 Westevelt, Karen.westervelt@med.uvm.edu, Rowell 310 H.