

**Master of Science in Physical Activity and Wellness Science
&
Certificate in Integrative Health & Wellness Coaching**

Year 1

Fall		Spring	
EXSC 302 Evidence-based practice in Physical Activity	3	EXSC 350 Physiological Aspects of Physical Activity and Chronic Disease	3
EXSC 345 Exercise Assessment and Prescription	3	EXSC 365 Activity, Disability and Health	3
EXSC 360 Physical Activity, Weight Management, and Energy Balance	3	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
Credits	9	Credits	10

Year 2

Fall		Spring	
EXSC 303 Physical Activity and Chronic Disease Epidemiology	3	EXSC 368 Physical Activity and Wellness Program Design	3
EXSC 354 Physical Activity & Wellness Promotion	3	EXSC 370 Physical Activity & Wellness: Communication & Evaluation	3
HLTH 287 Integrative Health & Wellness Coaching Immersion Advanced	1		
HLTH 288 Motivational Interviewing Advanced & Lab	1		
HLTH 289 Integrative Health and Wellness Coaching Skills Advanced & Lab	2	*HLTH 299 Building Your Coaching Career (2 credits)	
Credits	10	Credits	6

Total required credits 35

*HLTH 299 is highly recommended but not required for completion of the Certificate in Integrative Health & Wellness Coaching.