

Health Coaching

Minor Code - U197

The Health Coaching minor is designed for students desiring a career in health and well-being. Students learn the foundations of behavior-change science and the theoretical and practical considerations for empowering clients to adopt and sustain healthy lifestyles. Students completing the minor are prepared to sit for the American Council on Exercise (ACE) national certification exam required to become an ACE Certified Health Coach.

Code	Title	Hours
A minimum GPA of 2.0 is required in all coursework applied to the minor.		
Students must take a minimum of 9 unique credit hours, distinct from any other academic credential, to earn the minor.		
REQUIRED COURSES		
SEP 283	Introduction to Exercise Psychology	3
HWB 375	Methods of Health Coaching	3
PET 401	Foundations of Health Education	3
PET 402	Core Concepts in Health Education	3
PET 403	Program Design, Implementation, and Evaluation for Health Educators	3
Total Hours		15