

HEALTH AND WELLNESS COACHING – CERTIFICATE

Program director
Anna Nelson

The Health and Wellness Coaching Certificate is designed for any professional or lay person interested in learning how to empower others to take action to improve their health. The online curriculum will prepare students to guide and support individuals as they work toward reaching their behavior change goals.

This three-course program includes topics in health and wellness, coaching structure, coaching process, and ethics/legal considerations. The certificate can be completed over two quarters (spring and summer). While the program is delivered fully online, two of the courses (one per quarter) require weekly synchronous participation by the students using a zoom platform.

The nine units of credit earned in this certificate may be used toward an M.P.H. degree in health education and wellness coaching. In addition to the certificate, students will be individually responsible to complete a minimum of 50 health and wellness coaching sessions outside of the program curriculum to satisfy the certification exam eligibility requirements.

School certificate

Students register for the certificate program courses through the Office of University Records, but the certificate itself is issued by the School of Public Health—not Loma Linda University. The University Records Office maintains a record of registration but not the certificate. Record of the certificate and its awarding are maintained by the School of Public Health.

Financial aid is not available to students registered in school certificate programs. These programs do not meet requirements established by the U.S. Department of Education for aid eligibility.

Approval

The program is approved by the National Board for Health and Wellness Coaching (NBHWC), P.O. Box 16307, San Diego, CA 92176; telephone, 866/535-7929; website: <https://nbhwc.org/>. (<https://nbhwc.org/>)

NBHWC Exam Eligibility

Upon successfully completing the certificate program, participants receive a certificate in wellness coaching. Students are responsible for maintaining NBHWC coaching logs after finishing the program. Completion of the certificate program and the written log of 50 health and wellness coaching sessions will make graduates eligible to take the certifying examination offered by the National Board for Health and Wellness Coaching (NBHWC), P.O. Box 16307, San Diego, CA 92176; telephone, 866/535-7929; website: <https://nbhwc.org/>

Admissions

The LLU application is available online and can be found at <[llu.edu/apply](http://www.llu.edu/apply)> (<http://www.llu.edu/apply/>)>.

Required:

- Bachelor's degree from an accredited college or university.
- Official transcript documenting awarded degree. To be official, the transcript must be sent directly from the issuing institution to Loma Linda University.

Program requirements

Required

HPRO 526	Lifestyle Diseases and Risk Reduction	3
HPRO 541	Wellness Coaching I	3
HPRO 542	Wellness Coaching II	3

Normal time to complete the program

Two (2) quarters – based on less than full-time enrollment