

## Certificate Requirements (16 credits)

Content Area	Course(s)	Credits
Wellness Coaching Requirements	<i>Complete all of these courses:</i> IHP 1002 Integrative Health I IHP 1058 Intro to Hlth and Wlnss Coach IHP 2002 Integrative Health II IHP 2005 Integrative Business Practices IHP 2052 Mindfulness for Health & Wellness IHP 2058 Adv. Health/Wellness Coaching IHP 2062 Lifestyle Medicine Foundations IHP 2089 Integrative Health Capstone	16

## Recommended Course Sequence

The department recommends taking the courses in this order to complete the degree. FOR COURSES THAT ARE NOT REQUIRED:  
If you cannot register for the course on this map or want to take one that is not listed, please talk to your pathway advisor.

### SEMESTER 1

**12 credits**

Credits	Course
1	IHP 1002 Integrative Health I
1	IHP 1058 Intro to Hlth and Wlnss Coach
2	IHP 2002 Integrative Health II
2	IHP 2052 Mindfulness for Health & Wellness
3	IHP 2058 Adv. Health/Wellness Coaching
3	IHP 2062 Lifestyle Medicine Foundations

### SEMESTER 2

**4 credits**

Credits	Course
2	IHP 2005 Integrative Business Practices
2	IHP 2089 Integrative Health Capstone

## NOTES

1. This is an Approved Health and Wellness Coach Training & Education Program by the [National Board for Health and Wellness Coaching \(NBHWC\)](#). Graduates of this certificate are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC-HWC).

\* For additional information, contact your Pathway Advisor | [rrcc.edu/pathways](http://rrcc.edu/pathways)

<sup>†</sup> Placement into courses is dependent on test scores or credit for prior learning. Plans that include ESL, CCR, AAA, or courses below the 100 level will increase the total number of hours to completion. Credits transferred in from other institutions or prior learning on the job may shorten your time to completion. See a Pathways Advisor for details. 12 credit hours qualifies as full-time for financial aid purposes. Financial aid amounts are based only on courses required by your declared RRCC major.