



Wellness Coaching Certificate Courses

IHP 107 Stress Management for Health	1 credit
IHP 152 Meditation for Health	1 credit
IHP 158 Introduction to Health Coaching	1 credit
IHP 258 Adv. Integrative health Coaching	3 credits
IHP 240 Holistic nutrition/digestive Wellness	3 credits
IHP 108 Journaling towards Wellness	1 credit
IHP 102 Integrative Health 1	1 credit
IHP 202 Integrative Health 2	2 credits
IHP 289 Integrative Health Capstone	2 credits
IHP 205 Starting an Integrative Practice	2 credits
HWE 100 Human Nutrition	3 credits
HWE 124 Fitness and Wellness	2 credits
Required elective courses:	3 credits
Select additional courses in IHP/HWE/PED/HPR/NUR in consultation for approval of Integrative health faculty advisor or director.	
Total required course credits	25