

# 2024 - 2025 Certificate Map

## Health and Wellness Coach

School/College: [College of Health Solutions](#)

Location: [Downtown Phoenix, West Valley](#)

### Program Requirements

The certificate requires a total of 24 credit hours. A minimum grade of "C" (2.00 on a 4.00 scale) is required for each course.

#### **Required Courses -- 21 credit hours**

[CHS 340: Health Theory](#) or [NTR 350: Nutrition Counseling](#) (3)

[EXW 335: Physical Activity and Physiological Concepts](#) (3)

[EXW 344: Impact of Physical Activity on Health and Disease \(L\)](#) (3)

[HSC 355: Eating for Lifelong Health \(SOBE OR SB\)](#) (3)

[HSC 440: Health Coaching Concepts and Skills](#) (3)

[HSC 441: Applied Health Coaching Techniques](#) (3)

[NTR 241: Human Nutrition](#) (3)

#### **Elective Course -- 3 credit hours**

[EXW 400: Stress Management for Wellness](#) (3)

[EXW 446: Worksite Wellness](#) (3)

[HCR 303: Assessing Needs, Assets and Capacity for Health Education](#) (3)

[HCR 342: Mind-Body and Energy Therapies and Modalities](#) (3)

[HEP 241: Health Education Methods for Injury Prevention and Preparedness](#) (3)

[HEP 251: Preventing HIV and Substance Misuse](#) (3)

[HEP 303: Human Sexuality for Health Education](#) (3)

[HEP 350: Substance Use and Addictive Behaviors](#) (3)

[HEP 361: Digital Health Communication and Education](#) (3)

[HEP 371: Conflict Management and Mediation and Violence Prevention](#) (3)

[HEP 380: Body Image and Wellness](#) (3)

[HEP 410: Obesity Perspectives and Prescriptions](#) (3)

[HEP 443: Emotional Health and Interpersonal Relationships](#) (3)

[HSC 300: Complementary Health Care](#) (3)

[NTR 345: Development of Healthy Cuisines](#) (3)

[NTR 348: Cultural Aspects of Food \(GCSI OR SB & C & G\)](#) (3)

[NTR 360: Nutrition Entrepreneurship](#) (3)

PSY 304: Effective Thinking (L) (3)

Prerequisite courses may be needed in order to complete the requirements of this certificate.