

HEALTH AND WELLNESS COACHING

BACHELOR OF SCIENCE (B.S.)

NSU Florida

At a Glance

- Earn a degree in 120 credit hours.
- Dual admission options: Apply to the accelerated Doctor of Osteopathic Medicine program or the Master of Science in Couple and Family Therapy program.

Program Formats

- Program is offered at the Fort Lauderdale/Davie Campus.

Future Opportunities

Explore careers in areas, such as

- clinical practice support
- corporate wellness
- community programs
- education and research
- health education
- health services management
- mental health
- nutrition
- program planning and facilitation
- public health
- sports science
- wellness promotion

Upon completion, enhance your education by seeking graduate degrees in

- allied health
- behavioral health
- couple and family therapy
- health education
- medicine

Learn More
osteopathic.nova.edu

Dominate the Health and Wellness Arena

Open doors to exciting careers and graduate studies with NSU's B.S. in Health and Wellness Coaching. This professional specialty focuses on helping people find ways to lead healthier lives and provides a strong foundation toward a variety of health profession degrees, including health-related postgraduate programs or behavioral health professions, such as couple and family therapy. You will have opportunities to apply what you learn with hands-on experiential classes and complete two coaching practicum courses to learn how to practically offer health and wellness coaching services in different kinds of practice settings.

What You'll Study

Learn to provide personalized health solutions for patient/clients in a holistic manner—including the ability to assess diverse lifestyles and family support systems. Collaborate with clients to develop tailored and wellness plans. Create health education materials. Conduct health workshops and seminars. Build a clinical practice. Apply solution-building strategies to coaching. The interprofessional experiences of our faculty members will provide you with a real-world perspective on the benefits, rewards, and challenges of working in health and wellness coaching.

Why Health and Wellness Coaching?

NSU's B.S. in Health and Wellness Coaching offers significant flexibility with career opportunities. Based on the Bureau of Labor Statistics' *Occupational Outlook Handbook*, "Overall employment of health educators and community health workers is projected to grow 16 percent from 2016 to 2026, much faster than the average for all occupations." (Bureau of Labor Statistics, 2019)

Get the NSU edge.



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Curriculum | Total Credits: 120

Students are required to complete 30 credit hours as part of the General Education Program and 30 additional credit hours with open electives. Freshmen are required to successfully complete First-Year Seminar (UNIV 1000) in their first semester at NSU.

CORE CREDITS (39 credits)	Credits	MAJOR ELECTIVE COURSES (18 credits)	Credits
Intro to Coaching	3	Choose six courses from the following:	
Human Systems and Family Relationships	3	Coaching in Educational Settings	3
Overview of Life Span Wellness	3	Mindfulness and Meditation for Health	3
Ethics of Coaching	3	Coaching in the Health Care Systems	3
Couple and Family Coaching	3	Integrative Wellness Approaches	3
Coaching Diverse Populations	3	Neuroscience and Coaching	3
Solution-Focused Coaching	3	Trauma Coaching	3
Coaching Practicum I	3	Recovery Coaching	3
Grief Coaching	3	Coaching Across the Life Span	3
Private Practice of Coaching	3	Fitness and Wellness	3
Coaching Practicum II	3	Coaching and Lifestyle Medicine	3
Chronic Conditions and Coaching	3	Independent Study	1-3
Research Methods and Evaluation in Coaching	3		

Students are allowed to take 9 of the 18 credits of major electives from the following course prefixes: BPH, BSHN, or BSHI (BSHI prefix only).



NSU's Health and Wellness Coaching program is approved by the National Board for Health and Wellness Coaching (NBHWC). Graduates of the program are eligible to apply for the certifying examination to become a National Board-Certified Health and Wellness Coach (NBC-HWC). This certification allows graduates to work nationally and provides them with extensive employment opportunities.



This publication should not be viewed as a substitution for official program requirements and outcomes. A student is responsible for meeting the curriculum and program requirements in the student catalog that are in effect when the student enters the program.

Nova Southeastern University admits students of any race, color, sexual orientation, gender, gender identity, military service, veteran status, and national or ethnic origin. ■ Nova Southeastern University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate's, baccalaureate, master's, educational specialist, doctorate, and professional degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Nova Southeastern University. 0209-2022-KPCOM-MCP

NSU Admissions

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NOVA SOUTHEASTERN UNIVERSITY

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