

Bachelor of Science in Health and Wellness Coaching (HAWC)

FOUR YEAR CURRICULUM | 2025-2026 CATALOG



Attributes: BSPH = Pre-Med, BSP3 = Pre-Med 3+4, BSP4 = Pre-Med 4+4

Freshman Year					
Fall		Winter		Summer	
Course	Credits	Course	<u>Credits</u>	Course	Credits
HAWC 1000: Introduction to Coaching	3	HAWC 1001: Human Systems and Family Relationships	3		
HAWC 2003: Ethics of Coaching	3	HAWC 1002: Overview of Lifespan Wellness	3		
MATH 1040: Algebra for College Students	3	MATH 2020: Applied Statistics	3		
COMP 1500: College Writing	3	COMP 2000: Advanced College Writing	3		
UNIV 1000: First Year Seminar	3	Open General Education Sciences	3		
Total Credits	15	Total Credits	15	Total Credits	0
		Total Credits	30		

		Sophomore Year			
Fall		Winter		Summer	
Course	Credits	Course	<u>Credits</u>	Course	Credits
HAWC 2030: Couple and Family Coaching	3	HAWC 2050: Coaching Across Societies	3		
HAWC Open Major Elective	3	HAWC 3007: Solution Focused Coaching	3		
Social and Behavioral Science: PSYCH 1020	3	Social and Behavioral Science: SOCL 1020	3		
Open Arts and Humanities	3	Open Arts and Humanities	3		
Open General Education Sciences	3	Open Elective	3		
Total Credits	15	Total Credits	15 T	otal Credits	0
		Total Credits	60		

		Junior Year			
Fall		Winter		Summer	
Course	Credits	Course	Credits	Course	Credits
HAWC 3008: Coaching Practicum I	3	HAWC 3011: Coaching Practicum II	3		
HAWC 3033: Grief Coaching	3	HAWC 3010: Private Practice of Coaching	3		
HAWC 3034: Chronic Health Conditions and Coaching	3	HAWC 4014: Research Methods and Evaluation in Coaching	3		
Open Elective	3	HAWC Open Major Elective	3		
Open Elective	3	Open Elective	3		
Total Credits	15	Total Credits	15	Total Credits	0
		Total Credits	90		

		Senior Year			
Fall		Winter		Summer	
Course	Credits	Course	Credits	Course	Credits
HAWC Open Major Elective	3	HAWC Open Major Elective	3		
HAWC Open Major Elective	3	HAWC Open Major Elective	3		
Open Elective	3	Open Elective	3		
Open Elective	3	Open Elective	3		
Open Elective	3	Open Elective	3		
Total Credits	15	Total Credits	15	Total Credits	0
		Total Credits	120		
		TOTAL CREDITS: 120			