

HEALTH COACH

The undergraduate health coach certificate provides a rigorous academic and theoretical background in three components of health (nutrition, exercise and motivational coaching) required to prepare workers for the challenges of being a health coach. The certificate provides additional credentials for students already pursuing a bachelor's degree in food science and human nutrition, kinesiology, or psychology. Students would be able to sit for the American Council on Exercise exam should they choose to do so.

Current ISU students can request the undergraduate health coach certificate <http://www.registrar.iastate.edu/sites/default/files/uploads/forms/Urequest.pdf>.

23 credits:

Note: Pre-requisites apply for all courses required in the health coach certificate.

FS HN 265	Nutrition for Active and Healthy Lifestyles	3
FS HN 364 or FS HN 365	Nutrition and Prevention of Chronic Disease Obesity and Weight Management	3
FS HN 361	Nutrition and Health Assessment	2
KIN 458	Principles of Fitness Assessment and Exercise Prescription	4
KIN 467	Exercise and Health: Behavior Change	3
PSYCH 422	Counseling Theories and Techniques	3
PSYCH 485	Health Psychology	3
FS HN 495 or H S 485	Practicum Directed Field Experience in Health Promotion	2
Total Credits		23