

HEALTH COACH

Health Coach - Certificate

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.

Any Iowa State University student may apply for the undergraduate health coach certificate. Application form (<http://www.registrar.iastate.edu/sites/default/files/uploads/forms/Urequest.pdf>) The completed application should be submitted to the academic adviser in the student's home department: Food Science and Human Nutrition – Anne Oldham (aoldham@iastate.edu) Kinesiology – Marsha Wissink (mwissink@iastate.edu) Psychology – Kristin Towers (ktowers@iastate.edu).

The Health Coach certificate requires 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	Nutrition and Prevention of Chronic Disease	3
or FS HN 365	Obesity and Weight Management	
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	Practicum	2
or KIN 494A & KIN 494B	Practicum in Motivational Interviewing for Health: Principles of Motivational Interviewing and Practicum in Motivational Interviewing for Health: Supervised Experience	
Total Credits		23