Health Coach Certificate

Certificate of Completion (COC)

Covers content and skills necessary to become effective, credentialed health coaches and to prepare for the American Council on Exercise (ACE) Health Coach Certification Exam. Equips with the skills and knowledge needed to effectively guide clients in making sustainable lifestyle changes in the areas of nutrition, fitness, stress management, and overall well-being. Explores the interconnectedness of physical, emotional, and mental health. Prepares for the role of facilitator, collaborator and coach in the area of health, wellness and fitness.

For a roadmap that identifies the preferred sequencing of courses and other specific recommendations from faculty, please see the corresponding program map(s):

- Fitness Specialist Certificate of Completion (COC) (Health Coach) (lowercolumbia.edu/program-maps/health/COC-Health-Coach)

Certificate Requirements

Total credits required to earn this certificate: 16

LCC students must meet distribution requirements for bachelor degrees, associate degrees, and specific certificates. See Diversity and Distribution Lists (lowercolumbia.edu/publications/catalog/distribution-lists/) for more information.

Program Requirements

Course Code	Course Title	Number of Credits
HLTH 105	First Aid, CPR and Bloodborne Pathogens	1
HLTH 106	Health and Wellness	2
HLTH 135	Food and Fitness	2
HLTH 245	Health and Exercise Behavior Change	3
HLTH 265	Mind and Body Health	2
PHED 104 ***OR*** PHED 105 ***OR*** PHED 106	Pilates and Stretch ***OR*** Pilates & Yoga - Beginning ***OR*** Yoga for Beginners	1
PHED 120 ***OR*** PHED 128	Cross-Training ***OR*** Weight Training	2
PHED 285	Fitness Marketing	3

Program Outcomes

Students completing this program should acquire the following skills and abilities:

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- Utilize effective assessment tools to evaluate client health status, goals, and readiness for change. (GS - Critical Thinking)
- Incorporate strategies for nutrition, exercise, stress management and habit formation in assisting clients with developing personalized plans. (GS - Critical Thinking)
- Practice active listening and motivational interviewing skills to foster a supportive coaching environment. (GS - Communication)
- Educate clients on relevant health topics, enabling them to make informed decisions about their health.
- Identify and use tools for tracking progress and maintaining accountability.
- Adhere to professional ethics and confidentiality guidelines in client interactions.
- Develop marketing and business strategies to attract and retain clients.
- Understand the importance of cultural competency in coaching diverse populations.
- Stay informed about current trends, research, and best practices in health and wellness.
- Create specific wellness plans in conjunction with clients of varying needs and backgrounds. (GS - Critical Thinking)

Notes

Revised November 2024 (effective Summer 2025)

Program planning is based on information available at the time of preparation. It is the student's responsibility to meet with their LCC advisor. Consult the LCC catalog for LCC graduation requirements.

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