



Monroe Community College

STATE UNIVERSITY OF NEW YORK

HEALTH AND WELLNESS COACH CERTIFICATION

Health coaching is an emerging field that addresses barriers related to chronic disease as the leading cause of death in the United States. Employees within health care and wellness fields benefit from obtaining this certification as they will be prepared to address critical needs related to chronic disease and excessive health care costs. The role of a health coach is gaining increased attention as providers work on new ways to help patients and clients change their lifestyles, adhere to care plans, and focus on prevention.

MCC's health coach coursework will prepare participants in the specific skills needed to effectively guide patients or clients toward higher levels of self-efficacy and better behavioral change outcomes. Curriculum involves change from a directive communication style to a guiding style that is client-centered. The training is grounded in behavioral theory with a hands-on approach to learning. Participants should be prepared to engage in discussions and complete hands-on activities as they build their health coaching skills.

To earn MCC Certification as a Health Coach, participants will need to complete the following MCC courses with a grade of C or better:

- *HED130 – Foundations in Personal Health and Wellness*
- *HED210 – Integrative Health and Wellness*
- *PPE240 – Practicum in Professional Skills*

Additional requirements include an exam, coaching practice with notes, and a case study based on coaching practice, which would require an additional fee. Coaching practice would consist of at least six, one-hour coaching sessions.

MCC's Health Coach Certification is approved by the International Consortium for Health and Wellness Coaching (ICHWC). As a result, health and wellness coaches who have met ICHWC's requirements and completed MCC's Health Coaching Program will qualify to sit for the board certification exam. *The MCC Health Coach Certification is housed within the Department of Health and Physical Education.*