



Monroe Community College
STATE UNIVERSITY OF NEW YORK

Wellness Coaching and Health Management Degree

MCC's Wellness Coaching and Health Management Degree program contains coursework in multiple domains of health with an emphasis on fitness and wellness. Students with interest in health and fitness, helping others to become well and fit, and management, may be interested in MCC's new Wellness Coaching and Health Management Degree.

This new AS degree transfers into SUNY Oswego's BS Wellness Management degree. Oswego's program is designed to prepare students to assume roles as wellness/health promotion and fitness specialists or managers in private business, industry, community organizations or health agencies. Oswego's BS degree program provides students with the opportunity to select a program that focuses on wellness, worksite health promotion, and managing such programs.

Students in MCC's Wellness Coaching and Health Management Degree program will have the opportunity to utilize required coursework to sit for the local Health Coach certification exam, which can also help prepare them for national credentialing as a health coach.

Health coaching is an emerging field that addresses the need for a preventive approach in the health field. *To be eligible for MCC's Health and Wellness Coaching Certification, in addition to completing coursework within the degree with a C or better, participants would also complete practice coaching, submit a case study and complete an online exam. (There is an additional fee for certification.)*

Recommended Four Semester Sequence:

<u>First Semester:</u>	<u>Second Semester:</u>	<u>Third Semester:</u>	<u>Fourth Semester:</u>
ENG101 or ENG200	HED210	PPE208	PPE275
MTH165 or higher	PSY101	BIO135	BUS104
HED130	PPE155	PPE240	HED208 or HED209
PPE100	HED207	Humanities Elective	PSY200
PEC253	BIO134	OWC Elective	SUNY Gen Ed (AH, WC, A or FL)