



Monroe Community College

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:

First Semester:

ENG101 or ENG200

MTH165 or higher

HED130

PPE100

PEC253

Second Semester:

HED210

PSY101

PPE155

HED207

BIO134

Third Semester:

PPE208

BIO135

PPE240

Humanities Elective

OWC Elective

Fourth Semester:

PPE275

BUS104

HED208 or HED209

PSY200

SUNY Gen Ed (AH, WC,
A or FL)