



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. The role of a health coach is gaining increased attention as providers work on new ways to help patients change their lifestyles, adhere to care plans, and focus on prevention. This is becoming more important as providers shift to being paid based on outcomes. Providers are incented to meet pay-for-performance guidelines set forth by the National Commission for Quality Assurance, Medicare, and other payers.

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 certification as a Health Coach, participants will need to complete the following MCC courses:

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

Additional requirements include an online exam, coaching practice with notes and a case study, which would require an additional fee.

MCCs Health Coach Certification is approved by the National Consortium for Credentialing Health & Wellness Coaches (NCCHWC). As a result, health and wellness coaches who have met NCCHWC's requirements and completed MCC's Health Coaching Program will qualify to sit for the national exam.