

## Health/Wellness Coaching

### Associate of Arts Oregon Transfer

**FOCUS AREA DESCRIPTION**

The aim of the AAOT focusing toward Wellness Coaching is to empower students to help others through prevention of illness, injury and disease by effective application of principle and practices of holistic wellness and life coaching. This program provides significant preparation toward the wellness coaching majors (see a wellness coaching advisor for specific programs). Successful completion of this coursework will assist students with the preparation necessary to complete their national certification in wellness or life coaching certifications through the American College of Sports Medicine, Wellcoaches Corporation, International Coach Federation and the National Wellness Institute.

**PROGRAM ENTRANCE REQUIREMENTS**

None

**PROGRAM PERFORMANCE STANDARDS**

**Academic Requirements**

- Students must have a 2.0 cumulative GPA to earn a COCC certificate or degree.
- All courses in the program must be completed with a grade of C or higher.

**PROGRAM COURSE REQUIREMENTS**

**General Education/Foundational**

**Health**

3 credits with HHP or HHPA prefix <sup>1</sup>	3
Recommend: HHP 242	

**Mathematics**

MTH 105    Math in Society	4
Recommend: MTH 111	

**Oral Communication**

Choose one course from the following: 3-4

SP 111	Fundamentals Public Speaking	
SP 114	Argumentation & Discourse	
SP 115	Intro Intercultural Commun	
SP 218	Interpersonal Communication	
SP 219	Small Group Communication	

**Writing**

WR 121	Academic Composition	4
WR 122	Argument, Research and Multimodal Composition	4
or WR 227	Technical Writing	

**General Education/Discipline Studies**

One course must be designated as Cultural Literacy.

**Arts and Letters**

9-12

Choose at least three courses from at least two prefixes

**Social Science**

12-16

Choose at least four courses from at least two prefixes

Recommend: HHP 248, HHP 267, PSY 228

**Science/Math/Computer Science**

12-20

Choose at least four courses from at least two prefixes including at least three laboratory courses in biological and/or physical science

Recommend: BI 231, BI 232, BI 233, MTH 243

**Electives**

39

Choose enough elective credits to reach a minimum total of 90 overall degree credits<sup>2</sup>

Recommend: HHP 280A, HHP 280B, HS 262

**Total Credits 90-106**<sup>1</sup> HHPA activity courses (1 credit each) are not to be duplicated.<sup>2</sup> Related courses to consider: AH 205 Medical Ethics, BI 101 General Biology: Cells & Genes, BI 102 General Biology: Evolution, HHP 100 Intro to Public Health, HHP 231 Human Sexuality, HHP 210 Intro to Health Care System, HHP 212A AHA BLS Provider CPR, HHP 252 First Aid & BLS Provider CPR, HHP 260 Anatomical Kinesiology, HHP 261 Exercise Physiology, HHP 266 Nutrition for Health or HHP 240 Science of Nutrition, HHP 270 Sport and Exercise Psychology, PSY 201 Mind and Brain, PSY 202 Mind and Society, PSY 225 Eating Disorders, SOC 201 Introduction to Sociology.