



OFFICE OF PROFESSIONAL AND  
CONTINUING EDUCATION

Office of Professional & Continuing Education  
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<http://www.auburn.edu/mycaa>

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No refunds can be issued after the start date published in your Financial Award document.

## Education & Training Plan

Student Name: \_\_\_\_\_

Start & End Dates: \_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

### Wellness Coaching Certificate Program

**Mentor Supported**

#### **MyCAA Program Information**

Course Code: AU - WCH

Program Duration: 9 Months

Course Contact Hours: 225

Student Tuition: \$3,250

Wellness coaching is about helping people to improve their lifestyle behavior. Wellness coaching is a new field. As it emerges and the world discovers the value of it, it will continue to define and re-define itself. What is clear is that wellness coaching is the application of the principles and processes of professional life coaching to the goals of lifestyle improvement for higher levels of wellness.

#### **The Job Outlook**

Employment of dietitians and nutritionists is expected to increase 20 percent from 2010 to 2020, faster than average for all occupations. In recent years, there has been increased interest in the role of food in promoting health and wellness, particularly as a part of preventative healthcare in medical settings. The importance of diet in preventing and treating illnesses such as diabetes and heart disease is now well known. More dietitians and nutritionists will be needed to provide care for people with these conditions. An aging population also will increase the need for dietitians and nutritionists in nursing homes.

#### **Certification:**

Upon successful completion of our Wellness Coaching course, students will be prepared to sit for the NCCB national certification exam to become a **Certified Wellness Coach (CWC)**.

## **Overview**

Wellness coaching is about helping people improve their lifestyle behavior. As the field of Wellness Coaching emerges and the world discovers the value of it, it will continue to define and re-define itself. Wellness coaching applies the principles and processes of professional life coaching in order to help make lifestyle improvements. Having a sound understanding of professional coaching and how to interact with people is a must to be successful in this field. In this course you will be introduced to some fundamental ways of staying emotionally, physically and mentally healthy. We will discuss nutrition, how to manage weight, exercise, stress management and much more.

At the completion of this course you should be able to:

- Identify various dimensions of health, types of stressors and ways to encourage overall well-being
- Recognize healthy eating habits and the principles of fitness
- Recall preventive measures for avoiding common illnesses, diseases and how to maintain sexual health
- Identify the effects of consumer products on our body and how to protect ourselves from violence and crime
- Define the co-active coaching model, the various contexts and principles and practices

## **Outline**

### **Wellness Coaching Module 1 Health, Wellness and Well-Being**

- The Dimensions of Health
- Health Disparities
- Sex, Gender and Health
- The Promise of Prevention
- Protecting Yourself
- Understanding Health Behavior
- Emotional and Mental Health
- Positive Psychology
- Sleep's Impact on Health
- Understanding Mental Health
- Anxiety Disorders

### **Wellness Coaching Module 2 Stress Management and Social Health**

- What is Stress?
- Stressors
- Traumatic Life Events
- The Impact of Stress
- Communicating
- Forming Relationships
- Living in a Wired World

- Loving and Being Loved
- Partnering Across the Lifespan
- Family Ties

### **Wellness Coaching Module 3**

#### **Nutrition and Weight**

- Essentials of Good Nutrition
- Food Safety
- Weight in America
- What is a Healthy Weight?
- How to Gain Weight
- Practical Guide to a Healthy Weight
- Treating Severe Obesity
- Disordered Eating
- What is Physical Fitness?
- The Principles of Exercise
- Mind-Body Approaches

### **Wellness Coaching Module 4**

#### **Sexual Health and Reproduction**

- Men and Women's Sexual Health
- Sexual Behavior
- Sexual Activity
- Sexually Transmitted Infections and Diseases
- Common STIs
- Contraception
- Sterilization
- Fertility Awareness
- Pregnancy
- Childbirth

### **Wellness Coaching Module 5**

#### **Diseases and Addictions**

- Preventing Major Diseases
- Diabetes
- Hypertension and Cardiovascular Disease
- Stroke and Cancer
- Infectious Diseases
- Gambling
- Understanding Drugs and Their Effects
- Medications
- Substance Use Disorders
- Treatment for Substance Abuse

**Wellness Coaching Module 6**  
**Alcohol, Tobacco and Consumer Health**

- Understanding Alcohol
- Alcohol-Related Disorders
- Tobacco Use in America
- Health Effects of Cigarette Smoking
- Quitting Tobacco Use
- Personalizing Your Health Care
- Your Medical Rights
- Elective Treatments
- Nontraditional Health Care
- The Health-Care System

**Wellness Coaching Module 7**  
**A Lifetime of Health**

- Unintentional Injury
- Violence and Crime
- Sexual Victimization
- Pollution
- Chemical Risks
- Successful Aging
- Preparing for Medical Crisis
- End of Life
- Death and Dying
- Grief

**Wellness Coaching Module 8**  
**The Co-Active Coaching Model**

- Empowered Coaching Environment
- The Five Contexts
- The Coach's Role in the Model
- Co-Active Coaching Relationships
- Coaching Environment
- Levels of Listening
- Intuition
- Curiosity
- Authenticity
- Accountability

**Wellness Coaching Module 9**  
**Coaching Contexts, Principles and Practices**

- Self-Management
- Good Judgement
- Fulfillment and Values
- What is Balance?

- A Formula for Coaching Balance
- The Look of Process
- Process Coaching
- Integrating Principles
- The Coach's Commitment
- The Expanding World of Coaching

### **Materials:**

All materials are included in this course.

### **Certification:**

Upon successful completion of our Wellness Coaching course, students will be prepared to sit for the NCCB national certification exam to become a **Certified Wellness Coach (CWC)**.

### **System Requirements:**

#### **Internet Connection**

- Broadband or High-Speed - DSL, Cable, and Wireless Connections

\*Dial-Up internet connections will result in a diminished online experience. Classroom pages may load slowly and viewing large audio and video files may not be possible.

#### **Hardware Requirements**

- Processor - 2GHz Processor or Higher
- Memory - 1 GB RAM Minimum Recommended

\*While our courses are accessible through multiple mobile learning platforms, some courses may include a CD or DVD with the Textbook, so you may need access to a computer with CD-ROM or DVD Drive.

#### **PC Software Requirements**

- Operating Systems - Windows Vista, Windows 7, Windows 8 or 8.1
- Microsoft Office 2007, 2010 or 2013 or a Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers - Google Chrome is highly recommended
  - Cookies MUST be enabled
  - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)
- PowerPoint Viewer (if you do not have PowerPoint)
- Adobe PDF Reader
- QuickTime, Windows Media Player &/or Real Player

#### **MAC Software Requirements**

- Operating Systems - Mac OS x 10 or higher with Windows
- Mac office programs or a Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers- Google Chrome is highly recommended

- Cookies MUST be enabled
  - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)
- PowerPoint Viewer (if you do not have PowerPoint)
- Adobe PDF Reader
- Apple QuickTime Media Player
- If your course has a CD-ROM or DVD included, you **may** need to have Microsoft Windows Operating Systems over Bootcamp (Bootcamp is a free download from Apple's website) or Windows setup with Parallels.

**\*\*Outlines are subject to change, as courses and materials are updated.\*\***