

INTEGRATIVE HEALTH & WELLNESS COACHING, CERTIFICATE

The National Board of Health and Wellness Coaching (<https://nbhwc.org/>) (NBHWC) is a nonprofit affiliate of the National Board of Medical Examiners (NBME). Since 2016, the NBHWC has offered a board certification exam for people to become National Board Certified Health & Wellness Coaches (NBC-HWCs). Graduates of an NBHWC Approved Training Program can sit for the National Board Certification Examination.

Those who pass the exam earn the NBC-HWC credential. NBC-HWCs apply behavior change theories, health education and promotion theories, and motivational strategies to help clients improve their health and well-being through self-directed lifestyle changes. NBC-HWCs may work on healthcare teams, employee or community-based wellness initiatives, in government, or in private practice.

Georgian Court University offers four courses designed to be designated an approved program by the NBHWC, and has started the NBHWC program approval process. Once GCU's program is approved by the NBHWC, students completing the program can sit for the National Board Certification Examination. Currently, students who complete these four courses will earn a GCU Integrative Health & Wellness Coaching certificate. Holders of the GCU certificate can practice coaching, but will need the NBC-HWC credential to receive health insurance reimbursement for their coaching session as a health care procedure.

Code	Title	Credits
Required Courses		
IH210	Integrative Self-Care Planning	3.0
IH305	Found Health & Wellness Coaching	3.0
IH325	Integrative Nutrition	3.0
IH337	Integrative Lifestyle Modifications	3.0
Total Credits		12.0