

Health Coaching Graduate Certificate Course Requirements

Completion of the Health Coaching Graduate Certificate curriculum requires a minimum of 15 hours of course work, including:

Certificate Core Courses

Students must enroll in each of the following courses:

KHP 674: Foundations of Health Promotion (3 credits)

This is an introductory course to the foundations of health promotion and health education with a focus on the background of the field, ethics of the profession, and the major responsibilities of a health educator. Outlines the goals and objectives of health education, differentiates between levels of prevention and determinants of health, and identifies and explains the predominate philosophies of health promotion and health education. Additionally, students learn about the various theories and models of implementation and change process theories in health education and health promotion.

KHP 673: Health Promotion & Behavior Change (3 credits)

This course focuses on health promotion and behavior change. Many acute and chronic diseases can be prevented or at least have their impact lessened by increased attention to the adoption and maintenance of behaviors for optimal health. The issue of behavior change is however complex and necessitates an understanding of the socio-ecological model which includes individual, interpersonal, organizational, community, and public policy as factors that can inhibit or promote behavior change.

KHP 577: Health Promotion Internship (specific to health coaching) (3 credits)

This course focuses on gaining practical experience in the professions of health education, health promotion, and health coaching. It provides an opportunity for health promotion students to apply the theories, knowledge, and experiences gained from their coursework to real life situations.

KHP 609: Health Coaching (3 credits)

This course focuses on the translation of research into practice combining didactic and experiential learning through application of content learned in core health promotion courses to the field of health coaching. The course will prepare students with skills in client care, health care knowledge, interpersonal and communication skills, professionalism, and systems-based practice. These skills will be learned through practice-based learning and self-improvement.

Approximately half of the course will be dedicated to application of the health coaching skills students are learning via peer-coaching and comprehensive instructor feedback.

Certificate Elective Courses

Students may choose ONE course from the following electives:

KHP 590: Advanced Health Concepts (3 credits)

This is a content class that examines current and significant health issues to increase knowledge, skills, and health literacy. Specifically, the course addresses major personal and community health issues such as non-communicable diseases, communicable diseases, intentional injury (homicide and suicide), unintentional injury (accidents), stress, and others. This course will be especially encouraged to students without a strong health content background and will be required for students who do not have any health content background (e.g., a student with a bachelor in business or psychology).

KHP 677: Planning Health Promotion Programs (3 credits)

This course presents basic principles of planning, designing, implementing, and evaluating health promotion programs. Individual planning projects are incorporated into the course and students are required to plan a program related to their area of interest. This course will be encouraged for students who already have a health content background and have career aspirations in settings focusing on program development for groups and communities (e.g., worksite wellness or community health settings).

COM 571: Interpersonal Communication in Health Contexts (3 credits)

This course examines theory and research relevant to the role of interpersonal communication in managing mental and physical health. Topics related to interaction in health contexts include: communicating identity in health and illness, health and personal relationships, health care provider/patient communication, medical decision-making, and interpersonal health education and prevention efforts.

The Graduate Certificate Course of Study Form is available here: [Graduate Certificate Course of Study Form](#)