



UK Graduate Certificate in Health Coaching

Do you want to help clients achieve health-related goals and enhance their wellbeing?

The University of Kentucky's Health Coaching Graduate Certificate prepares students to deliver health education and health promotion to their clients within a coaching context.

You will develop:

- a foundational knowledge of behavior change theories and models
- motivational interviewing skills
- an understanding of current health issues



Students may complete the certificate as a complement to a graduate disciplinary degree program or as a stand-alone curriculum (after applying for post-bac status).

Students who are currently enrolled as a graduate student in a department at the University of Kentucky are encouraged to apply for the Health Coaching Graduate Certificate program early in their graduate studies.

Applications are accepted throughout the year and are considered on a rolling admission basis. For admission requirements and application procedures, visit education.uky.edu/khp/.

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)

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

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

KHP 609: Health Coaching (3 credits)

Certificate Elective Courses
Students may choose ONE course from the following electives:

KHP 590: Advanced Health Concepts (3 credits)

KHP 677: Planning Health Promotion Programs (3 credits)

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

FACULTY DIRECTOR CONTACT:

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CORE FACULTY

• Kristen Mark, Ph.D., MPH, Associate Professor, Full Graduate Faculty

• Melody Noland, Ph.D., Professor, Full Graduate Faculty