Duluth Campus

Health and Wellness Coaching Minor

D Applied Human Sciences

College of Education and Human Service Professions

- Program Type: Undergraduate free-standing minor
- Requirements for this program are current for Fall 2023
- Required credits in this minor: 21 to 23

The Health and Wellness Coaching Minor offers the basic skills and knowledge consistent with a career or interest in health and wellness coaching. A health/wellness coach is a supportive mentor who helps others feel their best through lifestyle changes that meet their unique needs. Students will learn to assess the current health/wellness needs of clients through coursework such as Human Nutrition, Health and Wellness Strategies for Life, and Facilitating Healthy Lifestyles. The Health and Wellness Coaching Minor will then provide further instructional options to aid in areas the student would like to pursue such as Exercise Adherence, Behavioral Analysis and Behavioral Change, and Cross-Cultural Psychology. These courses will assist the student in learning how to set goals, and develop plans of action to work towards the clients desired outcomes.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)

Admission Requirements

Students must complete 30 credits before admission to the program.

For information about University of Minnesota admission requirements, visit the Office of Admissions website.

Required prerequisites

Admission Requirements (9 cr)

HLTH 1100 - Health and Wellness Strategies for Life [LE CAT8, SUSTAIN] (3.0 cr)
HLTH 1470 - Human Nutrition [LE CAT, NAT SCI] (3.0 cr)
PSY 2021 - Developmental Psychology [LE CAT, LECD C, SOC SCI, CDIVERSITY] (3.0 cr)

Minor Requirements

Core (6 cr)

HLTH 4400 cannot be applied to both Public Health BASc and the Health and Wellness Coaching Minor.
HLTH 3400 - Facilitating Healthy Lifestyle Change (3.0 cr)
HLTH 4400 - Professional Health Coaching (3.0 cr)

Electives (6- 8 cr)

Courses taken cannot be applied to both Public Health BASc and the Health and Wellness Coaching Minor.

Take 2 or more course(s) totaling 6 or more credit(s) from the following:

- EXSC 3210 - Exercise Adherence (3.0 cr)
- EXSC 3410 - Exercise Metabolism and Nutrition (3.0 cr)
- HLTH 3117 - Principles of Sex Education (3.0 cr)
- HLTH 3118 - Women's Health Issues (3.0 cr)
- HLTH 3202 - Drug Education (2.0 cr)
- HLTH 3341 - Encountering Death and Grief: A Cross-Cultural Journey [CDIVERSITY] (3.0 cr)
- PSY 3051 - Cross-cultural Psychology (3.0 cr)
- PSY 3215 - Topics in Human Sexuality (3.0 cr)
- PSY 3613 - Applied Behavior Analysis and Behavior Change (3.0 cr)
- PSY 4500 - Health Psychology (3.0 cr)
- SW 1619 - Race, Class, and Gender in the United States [LE CAT, LECD C, RACE JUST] (3.0 cr)
- SW 4101 - Human Behavior in Social Environment (3.0 cr)
- WS 2101 - Women, Race, and Class [LE CAT8, LECD CAT08, SOC SCI, CDIVERSITY] (3.0 cr)
- WS 4925 - Sociology of Rape (3.0 cr)

© 2005 by the Regents of the University of Minnesota
The University of Minnesota is an equal opportunity educator and employer.