



Twin Cities Campus

Integrative Health & Wellbeing Coaching M.A.

Spirituality & Healing, Center for
Graduate School

Link to a [list of faculty](#) for this program.

Contact Information:

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- Program Type: Master's
- Requirements for this program are current for Fall 2019
- Length of program in credits: 38
- This program requires summer semesters for timely completion.
- Degree: Master of Arts

Along with the program-specific requirements listed below, please read the [General Information](#) section of the catalog website for requirements that apply to all major fields.

Health coaching is an emerging method of partnering with clients to achieve their overall goals. It is practiced from a holistic perspective that views each person as intrinsically whole and the ultimate expert in his or her healing journey. Health coaching is being offered in a wide range of venues including hospitals, clinics, community health and fitness facilities, corporations, educational institutions, and private practices. The Earl E. Bakken Center for Spirituality & Healing is a pioneer in the field of health coaching, working to advance education, research and care model innovation.

The master's of arts degree is designed for individuals with a bachelor's degree in either a healthcare or non-healthcare field. Students without healthcare backgrounds are eligible for admission with the prior completion of required prerequisites. The degree is designed for students who wish to further their education so that they may hold positions of responsibility coaching individuals and groups, initiating and leading new coaching service lines, and developing outcomes assessments for coaching initiatives. Although the instruction is based on research in the field, this Plan B degree is not intended to provide intensive research training and is understood to be a terminal degree. The degree consists of 38 credits of coursework, including 6 credits of electives, and a minimum 2-credit project that is presented in both verbal and written format prior to graduation. Elective credits may be chosen from CSPH courses or students may complete a minor from other departments, if approved by their academic advisor. In all cases, the student's faculty advisor will work with the student in designing a program plan that accommodates the student's unique learning objectives.

The program is structured to prepare a wide variety of students to be skilled and knowledgeable advocates and support agents for individuals on their path to greater health and healing. Students must be able to demonstrate the following competencies prior to being admitted into the Advanced Health Coaching Seminar:

- Demonstrate appropriate knowledge of major health problems.
- Demonstrate familiarity with the routine mechanics of the conventional healthcare system and its processes.
- Demonstrate basic knowledge of physical and psychological symptoms related to disease and treatment.
- Demonstrate basic knowledge of pharmacology, pathophysiology of disease, and assessment of symptoms across the life span.

Students whose previous coursework does not enable them to meet these competencies may arrange with the program director to do additional outside coursework during the first year of the program.

University of Minnesota health coaching programs are accredited by the National Consortium for Credentialing Health and Wellness Coaches (www.ncchwc.org). Students in the MA program are eligible to sit for National Board Certification when the required core courses are completed (CSPH 5701-5702-5703-5705-5706).

Program Delivery

This program is available:

- primarily online (at least 80% of the instruction for the program is online with short, intensive periods of face-to-face coursework)

Prerequisites for Admission

The preferred undergraduate GPA for admittance to the program is 3.00.



Bachelor's degree in a health-related field or a bachelor's in a non-health-related field with specific coursework in psychology, physiology, and statistics from an accredited institution.

Required prerequisites

Required Prerequisite Coursework

Previous coursework in basic psychology, human physiology, and statistics must have been completed. Statistics must be completed within 7 years prior to application. All prerequisites must be completed at an accredited institution for a grade equal to B (3.0) or better.

Other requirements to be completed before admission:

In addition to the University's online application, applicants submit a personal statement describing their goals for the program and their professional qualifications. This three to five page statement should focus on what led to the applicant's interest in health coaching as a professional activity, including a description of interest in, and experience with, holistic integrative health and healing. Three letters of recommendation, transcripts and a current CV or resume are also required. All items are uploaded into the University's online application. Selected applicants will be invited for admissions interviews.

Special Application Requirements:

The M.A. is designed for individuals with a bachelor's degree in a health-related field, or for professionals without healthcare backgrounds who have extensive interest in working with individuals and groups to optimize wellbeing, assuming completion of required prerequisites. All applicants must have completed the prerequisite courses in Physiology, Statistics (within past 7 years) and Psychology before beginning core health coaching coursework the Fall semester of entrance. All prerequisite courses must be completed at an accredited institution with a grade equal to B (3.0) or better.

International applicants must submit score(s) from one of the following tests:

- TOEFL
 - Internet Based - Total Score: 79
 - Internet Based - Writing Score: 21
 - Internet Based - Reading Score: 19
 - Paper Based - Total Score: 550
- IELTS
 - Total Score: 6.5
- MELAB
 - Final score: 80

The preferred English language test is Test of English as Foreign Language

Key to [test abbreviations](#) (TOEFL, IELTS, MELAB).

For an online application or for more information about graduate education admissions, see the [General Information](#) section of the catalog website.

Program Requirements

Plan B: Plan B requires 32 to 38 major credits and 0 to 6 credits outside the major. The final exam is written and oral. A capstone project is required.

Capstone Project: Culminating course for the master's of arts in integrative health and wellbeing coaching program. Students use coaching data collected during the Advanced Health Coaching Practicum, Health Coaching Professional Internship, or group health coaching course to write and orally present a research-informed concept analysis and retrospective narrative case report. Prerequisites: Integrative Health and Wellbeing Coaching MA student, CSPH 5701, 5702, 5703, 5704, 5706, 5707, 5709* (*may be taken concurrently).

This program may be completed with a minor.

Use of 4xxx courses toward program requirements is permitted under certain conditions with adviser approval.

A minimum GPA of 3.0 is required for students to remain in good standing.

At least 1 semesters must be completed before filing a Degree Program Form.

Up to 3 credits of CSPH courses at the 4xxx-level may be used for elective credits.

Core Required Coursework

Core courses require a grade of B (3.0) or higher, except CSPH 5705 and 8701, which require a grade of S. Final skills assessments



for CSPH 5702, 5703, 5705 and 5709 must earn scores of at least 80%. If a core course or skills assessment is not successfully completed, students may be required at instructors' discretion to repeat the course and/or take CSPH 5712 for 1-2 credits for remediation within one calendar year. CSPH 5712 taken for remediation cannot be counted as an elective.

- CSPH 5701 - Health Coaching Fundamentals I (3.0 cr)
- CSPH 5702 - Health Coaching Fundamentals II (4.0 cr)
- CSPH 5703 - Advanced Health Coaching Practicum I (1.0 cr)
- CSPH 5704 - Diversity, Equity, & Inclusion in Health & Wellbeing (3.0 cr)
- CSPH 5705 - Health Coaching Professional Internship (2.0 cr)
- CSPH 5706 - Lifestyle Medicine (2.0 cr)
- CSPH 5707 - Coaching People with Clinical Conditions (2.0 cr)
- CSPH 5709 - Health and Wellbeing Group Coaching (2.0 cr)
- CSPH 8701 - Integrative Health and Wellbeing Coaching MA Capstone Project (2.0 - 3.0 cr)

Additional Required Coursework

Each additional required course must be taken on an A-F grading basis and requires a grade of B- or higher. Failure to earn at least a B- may result in required remediation work at the discretion of the instructor, the program director, and the director of graduate studies. Remediation work may include repeating the course for an acceptable grade within one calendar year.

- CSPH 5101 - Introduction to Integrative Healing Practices (3.0 cr)
- CSPH 5431 - Functional Nutrition: An Expanded View of Nutrition, Chronic Disease, and Optimal Health (2.0 cr)
- CSPH 5708 - Mind-Body Science and Trauma-Informed Mental Health (3.0 cr)
- KIN 5123 - Motivational Interventions in Physical Activity (3.0 cr)

Electives

Complete 6 CSPH credits. Up to 3 credits may be from 4xxx-level CSPH courses. Electives require a passing grade of C- or higher or S, provided an overall GPA of 3.0 is maintained.

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

- CSPH 4311 - Foundations of Hatha Yoga: Alignment & Movement Principles (3.0 cr)
- CSPH 4312 - Hatha Yoga Philosophy, Lifestyle, & Ethics (3.0 cr)
- CSPH 4313 - Hatha Yoga Teaching Principles & Methodology (2.0 cr)
- CSPH 5000 - Explorations in Integrative Therapies and Healing Practices (1.0 - 4.0 cr)
- CSPH 5102 - Personal Wellbeing: The Journey of Self-Care (1.0 cr)
- CSPH 5111 - Ways of Thinking about Health (2.0 cr)
- CSPH 5115 - Cultural Awareness, Knowledge and Health (3.0 cr)
- CSPH 5118 - Whole Person, Whole Community: The Reciprocity of Wellbeing (3.0 cr)
- CSPH 5121 - Planetary Health & Global Climate Change: A Whole Systems Healing Approach (2.0 cr)
- CSPH 5201 - Spirituality and Resilience (2.0 cr)
- CSPH 5212 - Peacebuilding Through Mindfulness: Transformative Dialogue in the Global Community (3.0 cr)
- CSPH 5215 - Forgiveness and Healing: A Journey Toward Wholeness (3.0 cr)
- CSPH 5225 - Meditation: Integrating Body and Mind (2.0 cr)
- CSPH 5226 - Advanced Meditation: Body, Brain, Mind, and Universe (1.0 cr)
- CSPH 5303 - Pain Management and Evidence Based Complementary Health Approaches (3.0 cr)
- CSPH 5305 - Introduction to Integrative Mental Health (2.0 cr)
- CSPH 5311 (Inactive)(2.0 cr)
- CSPH 5313 - Acupressure (1.0 cr)
- CSPH 5315 - Traditional Tibetan Medicine: Ethics, Spirituality, and Healing (2.0 cr)
- CSPH 5317 - Yoga: Ethics, Spirituality, and Healing (2.0 cr)
- CSPH 5318 - Tibetan Medicine, Ayurveda, and Yoga in India (4.0 cr)
- CSPH 5319 - Yoga and Ayurveda in India (4.0 cr)
- CSPH 5331 - Foundations of Shamanism and Shamanic Healing (2.0 cr)
- CSPH 5341 - Overview of Indigenous Hawaiian Healing (2.0 cr)
- CSPH 5343 - Ayurveda Medicine: The Science of Self-healing (2.0 cr)
- CSPH 5401 - People, Plants, and Drugs: Introduction to Ethnopharmacology (3.0 cr)
- CSPH 5421 - Botanical Medicines in Integrative Healthcare (3.0 cr)
- CSPH 5423 - Botanical Medicines: Foundations and Practical Applications (1.0 cr)
- CSPH 5431 - Functional Nutrition: An Expanded View of Nutrition, Chronic Disease, and Optimal Health (2.0 cr)
- CSPH 5503 - Aromatherapy Fundamentals (1.0 cr)
- CSPH 5513 (Inactive)(2.0 cr)
- CSPH 5521 - Therapeutic Landscapes (3.0 cr)
- CSPH 5522 - Therapeutic Horticulture (3.0 cr)
- CSPH 5523 (Inactive)(2.0 cr)
- CSPH 5533 (Inactive)(2.0 cr)
- CSPH 5535 - Reiki Healing (1.0 cr)
- CSPH 5536 - Advanced Reiki Healing: Level II (1.0 cr)
- CSPH 5541 - Emotional Healing and Happiness: Eastern and Western Approaches to Transforming the Mind (2.0 cr)
- CSPH 5555 - Introduction to Body and Movement-based Therapies (2.0 cr)
- CSPH 5561 - Overview of the Creative Arts in Health and Healing (2.0 cr)



- CSPH 5601 - Music, Health and Healing (2.0 cr)
- CSPH 5605 *(Inactive)*(2.0 cr)
- CSPH 5631 - Healing Imagery I (2.0 cr)
- CSPH 5641 - Animals in Health Care: The Healing Dimensions of Human/Animal Relationships (3.0 cr)
- CSPH 5642 - Nature Heals: An Introduction to Nature-Based Therapeutics (3.0 cr)
- CSPH 5643 - Horse as Teacher: Introduction to Equine-Assisted Services (EAS) (3.0 cr)
- CSPH 5711 - Optimal Healing Environments (3.0 cr)
- CSPH 5712 - Supervised Health Coaching Skills Advancement (1.0 cr)
- CSPH 5713 - Health Coaching for Health Professionals (2.0 cr)
- CSPH 5805 - Wellbeing in the Workplace (3.0 cr)
- CSPH 5806 - Wellbeing and Resiliency for Health Professionals (1.0 cr)
- CSPH 5807 - Mindfulness in the Workplace: Pause, Practice, Perform (2.0 cr)
- CSPH 5905 - Food Matters: Cook Like Your Life Depends On It (1.0 cr)
- CSPH 6000 *(Inactive)*(1.0 - 4.0 cr)
- CSPH 8101 *(Inactive)*(2.0 cr)
- CSPH 8191 - Independent Study in Integrative Therapies and Healing Practices (1.0 - 6.0 cr)