

2026-2027 OCCUPATIONAL CERTIFICATE (CERT) AWC ADVISEMENT CHECK SHEET

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Health Coach Level 1

Student Name	ID #	Advisor	Major Code:WECO1 Credits: 10
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This program provides a robust foundation in the principles, techniques, and ethics of health coaching. Empowering participants to guide clients to sustainable health and wellness.

Required Major Courses (4 Credits)		Cr	Sem	Notes
WED 202	Intro to Health Coaching	4		
Other Departmental Requirements (6 Credits)				
WED 110	Concepts of Wellness	3		
WED 212	Stress Management	2		
NTR 195	Exploring professions in Nutrition & Wellness	1		