

Notre Dame of Maryland University – School of Integrative Health
3-Semester Post-Baccalaureate Certificate and 5-Semester Master of Arts Degree in Health and Wellness Coaching

Key: Courses listed in black font are coaching courses that make up the stand-alone PBC-HWC program, and first half of master's degree. Courses listed in navy font represent the advanced coaching courses that make up the second half of the master's degree. Courses in bold have a lab and/or practicum component.

Professional Credentials	Academic Credential – Post Baccalaureate Certificate (3 semesters) or Master of Arts Degree (5 semesters)				
	1 st Semester	2 nd Semester	3 rd Semester	4 th Semester	5 th Semester
NBHWC (PBC-HWC)	APP-606 Becoming a Healing Presence (3 CR)	COA-610 Fundamentals of Health and Wellness Coaching (3 CR)	COA-620 Applied Healing Strategies (3 CR)	IHED-625 Research Methods in Health Education: Quantitative and Qualitative (3 CR)	COA-665 Advanced Coaching: Groups, Populations, and Settings (3 CR)
ICF Level 1 (PBC-HWC)	ISCI-631 Complementary and Integrative Health (1.5 CR)		COA-701 Practical Skills Assessment (0 CR)	OR	IHM-650 Integrative Practice Management (2 CR)
ICF Level 2 (MA-HWC)	COA-605 Foundations of Healthy Lifestyles (1.5 CR)	COA-616 Theories and Principles of Behavior Change (3 CR)	APP-700: Mindfulness, Meditation, and Health	RSCH-601 Research Literacy in Integrative Health (3CR)	COA-710 Advanced Coaching: Competency Focus (1 CR)
	INHS-500 MUIH Orientation (0 CR)			COA-670 Advanced Topics in Health and Wellness Coaching (3 CR)	*COA-702 Professional Coaching Competency Assessment (0 CR)
	RSCH-550 Intro to Research Literacy (0 CR)				

See below for a brief description below each of those courses. For more details regarding labs and practicums, please see the COA Student Community site in Canvas. If not accessible, please contact the HWC Advisor.

**Only required for students wishing to be eligible for ICF Level 2 credentialing.*

COURSE DESCRIPTIONS

PBC-HWC Courses

APP-606 Becoming a Healing Presence 3.0. This experiential course introduces students to the process of developing a healing presence, a key component of MUIH's academic programs. Students are introduced to MUIH's foundational philosophical principles, as well as living in accordance with the rhythms of nature, observing symptoms of illness as our teachers, and the skillful use of language as a tool for being a catalyst for change. To deepen their capacity to be a healing presence, students learn and regularly practice mindfulness techniques such as breathing, meditation and movement.

COA-605 Foundations of Healthy Lifestyles 1.5. Concepts of wellness; key healthy lifestyle practices in nutrition, physical activity, and mindfulness; health risk factors; managing chronic illness; interprofessional communication, and when referring to another practitioner are key topics of importance in health and wellness coaching and comprise the focus of this course.

ISCI-631 Introduction to Complementary and Integrative Health 1.5. This course provides a foundational understanding of complementary and integrative health (CIH). Terminology is defined and core concepts in CIH are explained. The course introduces commonly used CIH approaches and discusses them within the larger framework of determinants of health. Current U.S. healthcare reform efforts are outlined with an emphasis on emerging integrative care models.

COA-610 Fundamentals of Health and Wellness Coaching 3.0. Students are introduced to the International Coaching Federation (ICF) core competencies, the National Board for Health & Wellness Coaching (NBHWC) competencies, and other coaching skills as they begin to build a repertoire of coaching abilities. This experiential course, which centers on coaching skills practice with class peers and mentors, develops observational skills, active listening, the art of evocative questioning, and the ability to guide clients through the process of goal setting and action planning. Students learn practical skills for structuring a coaching session with peer "clients," including an initial discovery session, planning, goal setting, ensuring client accountability, and cultivating the attitudes of mind and heart necessary to become effective coaches. *Prerequisite: APP-606, COA-605*

LABS: *Mentor coach-facilitated live labs are 2 hours long and meet weekly for each of the 14 weeks of the term. Students are required to attend a minimum of 10 labs to pass the course.*

COA-616 Theories and Principles of Behavior Change 3.0. This course provides students with a theoretical framework for guiding coaching clients through the process of behavior change. Topics include the latest developments in the field of positive psychology and the stages of behavior change. Students are introduced to and begin to practice Motivational Interviewing, a widely recognized, evidence-based approach to behavioral change used in the health care field. *Prerequisite: APP-606, COA-605*

COA-620 Applied Healing Strategies 3.0. Students participate in an experiential practicum that allows them to apply and develop their coaching skills in a one-on-one setting with clients. The focus of the practicum is further development and practice of the tasks, knowledge and skills identified in the National Board for Health & Wellness Coaching (NBHWC) coaching competencies and Scope of Practice, the core competencies identified by the International Coaching Federation (ICF), along with the theories, principles, tools, and techniques learned and practiced in previous courses. Throughout the practicum, students receive mentoring, coaching and feedback from instructors and peers as they develop the skills of mind and heart necessary to become effective

coaches. Students learn more about career options in the field of health and wellness coaching and have opportunities to talk with experienced coaches to discuss how to establish and operate a successful coaching business. *Prerequisites: COA-610, COA-616*
LABS: *Mentor coach-facilitated live labs are 2 hours long and meet weekly for each of the 14 weeks of the term. Students are required to attend a minimum of 10 labs to pass the course.* **PRACTICUM:** *Students coach 2-3 clients for a total of 20 sessions during the term.*

COA-701 Practical Skills Assessment 0.0. The Practical Skills Assessment (PSA) evaluates the students' ability to implement coaching skills and competencies while following the structure and process of a coaching session. Based on a recorded coaching session, students will receive written assessor feedback, required for professional credentialing by the International Coaching Federation. A certificate of completion, required for professional credentialing by the National Board for Health & Wellness Coaching, is provided with a passing score. *Prerequisites: APP-606, COA-605, ISCI-631, COA-610, COA-616, COA-620 (completed or concurrently enrolled.)*

INHS-500 University Wide Orientation for New Students 0.0. University-Wide New Student Orientation is a comprehensive course to introduce incoming MUIH students to campus services, resources, and student life. Utilizing the institution's Learning Management System (LMS) Canvas, it is a self-paced course designed around you, the new student, assisting you in learning the answers to questions you may have, and providing you with a chance to meet and connect with other new students as well. All new students are strongly encouraged to register and participate in University-Wide Orientation.

RSCH-550 Academic Research and Scholarship 0.0. This fully online, self-paced course is designed to prepare students to engage in graduate-level research and scholarship with a focus on the utilization of resources available at or through MUIH's Sherman Cohn Library. Modules cover the Association of College and Research Libraries information literacy threshold concepts in higher education. These concepts are Scholarship as Conversation, Research as Inquiry, Authority is Constructed and Contextual, Information Creation as a Process, Searching as Strategic Exploration, and Information Has Value.

MA-HWC Courses

APP-700 Mindfulness, Meditation and Health 3.0. Mindfulness and meditation practices are tools that can help support balance and wellness in people's lives. This highly experiential course is designed to teach core mindfulness and meditation skills and the specific applications to supporting health and wellbeing. Students will gain an understanding of the neuroscience behind these practices and how to practically apply scientifically based techniques with clients. *Prerequisite: APP-606 or IHED-610 or ISCI-630a*

RSCH-601 Research Literacy in Integrative Health 3.0. This course supports critical analysis of a wide range of integrative health research. It provides future integrative professionals with foundational knowledge and skills to identify and evaluate research design and understand basic statistics. Students develop skills in searching databases as well as critical appraisal of research studies. Students will find and evaluate published information on select health topics and summarize and share their findings.

IHED-625 Research Methods in Health Education: Quantitative and Qualitative 3.0.

This course provides a brief introduction to various forms of research methods, both quantitative and qualitative. An overview is presented of quantitative and qualitative research methods and designs applicable to research of health educational programming and interventions. Scientific problem-solving will be emphasized to include observational techniques and measurement tools, coding, analytic strategies, and reporting of research.

COA-665 Advanced Coaching: Introduction to Groups, Populations, and Settings 3.0. This course provides students with the fundamental knowledge, skills, and practice of group coaching; specific considerations for diversity in populations; and an examination of coaching in a variety of settings. Students

continue honing their skills with volunteer clients and peer practice. Students also experience the value of reflecting on their coaching with a supervisor-mentor coach.

Prerequisite: COA-620

LABS: Live labs are 2 hours long and meet weekly, except for the first and last weeks of the term. Some labs are mentor coach facilitated.

PRACTICUM: Students facilitate a group coaching practicum during lab, typically in weeks 9-12.

COA-670 Advanced Topics in Health and Wellness Coaching 3.0. This course in advanced health and wellness coaching skills expands students' coaching tools and techniques with the introduction of a variety of approaches, to include body-centered (somatic) coaching, the arts in coaching, Appreciative Inquiry, and Nonviolent Communication. Students will continue honing their skills with volunteer clients and peer practice. Students will also experience the value of reflecting on their coaching with a supervisor-mentor coach. *Prerequisite: COA-620*

LABS: Live labs are 2 hours long and meet weekly, except for the first and last weeks of the term. Some labs are supervisor/mentor coach facilitated.

PRACTICUM: Students coach 2 clients for a total of 20 sessions during the term.

IHM-650 Practice Management in Coaching 2.0. This course is designed to prepare students to be successful wellness professionals upon graduation. Special emphasis will be given to practice management, including developing an entrepreneurial mindset, business planning, how to effectively market using social media, communicating with stakeholders, and the ethical, legal, and regulatory issues related to operating as a professional. The process of an employment search will also be included.

COA-710 Advanced Coaching: Competency Focus 1.0 Developing coaching abilities that are based on established coaching competencies and best practices provides the foundation for successful coaching relationships. Students learn and apply advanced coaching skills and strategies to affect deeper personal transformation and intrapersonal growth in clients. Students are introduced to advanced interpretations of coaching competencies that can be used during coaching sessions. Students practice advanced skills and competencies during mentor-led labs to facilitate integration into coaching sessions.

LABS: Mentor coach-facilitated live labs are 2 hours long and meet 6 times during the term.

PRACTICUM: Students coach 2 clients for a total of 20 sessions during the term.

COA-702 Professional Coaching Competency Assessment 0.0 (elective) Coaching competency assessments are required by professional credentialing bodies to ensure that coaches understand and can apply coaching skills and strategies in their coaching sessions. The Professional Coaching Competency Assessment evaluates students' ability to implement advanced coaching skills and competencies while following the structure and process of a coaching session. Based on a recorded coaching session, students receive assessor feedback on coaching skills and competencies. Passing this assessment is required for Level 2-PCC coach credentialing by the International Coaching Federation. A certificate of completion is issued with a passing score.