



Behavioral Health and Nutrition

Graduate Certificate in Clinical Health Coaching

Required Courses:

- Health Behavior Change Strategies
- Health Coaching Concepts of Chronic Disease Management
- Healthy Lifestyles: Mind, Body, Behavior
- Health Coaching Practicum

TOTAL CREDITS: 15

Our program provides students and healthcare professionals with the knowledge and skills to facilitate positive behavior change to promote health and reduce chronic disease risk and experience.

Your training in clinical health coaching at UD will ensure development of core skills that will:

- Help clients to clarify their health goals, implement and sustain behaviors, lifestyles, and attitudes conducive to optimal health
- Educate and guide clients in their self-care and health-maintenance activities
- Assist clients in reducing the negative impact made by chronic conditions such as cardiovascular disease, cancer, and diabetes

Program Overview

This program allows students to take courses (15 total credit hours, including a 3 credit practicum) specializing in clinical health coaching to enhance their academic and professional experience.

Upon completion graduates are eligible to take the [National Board for Health & Wellness Coaching](#) Certification as a Health & Wellness Coach.

Admissions Requirement

- A health-related undergraduate degree from an accredited institute of higher education (e.g. behavioral health, nutrition, exercise science, nursing, or related discipline(s)).

Contact

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