Department of Behavioral Health and Nutrition

Program Type:\* 

Degree Type:\* 

Health Coaching Certificate

Provide a brief summary of the proposed program changes and describe the rationale for the change(s):

We are seeking to replace NURS615, a course no longer offered for HLPR650. NURS615 is no longer offered and the content is important to the program so BHAN created it’s own course to fulfil the content.

List new courses required for the revised curriculum. How do they support the overall program objectives of the major/ minor/ concentrations)?

HLPR 650 Health Lifestyles - Mind Body Behavior (3cr). HLPR 650 gives UD students a comprehensive overview of healthy lifestyle behavior change from a mind-body perspective. Specifically students will learn about the use of mind-body behavioral interventions in the area of physical activity, nutrition, sleep hygiene and stress management and their collective importance to health, wellness, and performance. Students develop abilities to critically evaluate mind-body research in the area of healthy lifestyles and apply these interventions.

Identify other units affected by the proposed changes and provide letters of support from those units. :

None. In discussion with the Chairperson from the School of Nursing it was confirmed they will no longer offer NURS 615: Integrative Health. This new course would continue to be offered as part of the requirements for the Graduate Certificate in Health Coaching and will not affect other courses in the department or university. The proposed changes will also not affect student graduation within the Graduate Certificate in Health Coaching program.

Requirements for the Degree

Description

In accordance with University of Delaware academic policy, matriculated undergraduate students may take 600 level courses as part of their undergraduate course requirements, and apply a maximum of 9 credit hours toward the certificate upon admittance into the program, the only exception being HLPR 664 which can only be completed after all other course work in the program is successfully completed.

Courses

HLPR 605 Concepts of Chronic Disease Management (3cr.)

HLPR 630 Behavior Change Strategies and Tactics (3cr.)

HLPR 631 Health Coaching (3cr.)

HLPR 650 Healthy Lifestyles - Mind Body Behavior (3cr)

HLPR 664 Health Coaching Practicum (1 to 3cr.)

HLPR 809 Health Behavior (3cr.)

Total Credits: 18

Title

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Description

\*Students with a nursing degree are not required to complete HLPR 605. They will be required to take one of the following as a substitute per approval of their academic advisor

Courses

HLPR 823 Human Response to Stress (3cr.)

NURS 622 Advanced Pharmacology (3cr.)

HLPR 813 Health Psychology and Behavioral Medicine (3cr.)

NTDT 610 Overweight and Obesity Prevention and Management (3cr.)

Qualifying Exam

Title

Qualifying Exam

Description

Upon completion of the 15 credit hours of didactic course work and the 3 credit hour practicum students must take a qualifying exam to receive a certificate of completion. The exam format involves a 45 to 60 min coaching session with a standardized patient under the observation of three health coaching program faculty. Students will be assessed based on the competencies outlined for the program for individual coaching sessions. Successful completion of the exam is based upon the majority of faculty deeming the student competent in each of the competency areas. In the case where two faculty members fail the student, the student will have opportunity to discuss the areas of deficiency with the faculty assessors, and will be provided recommendations for improvement and further study/practice. Students may retake the exam one time within four weeks of their initial test date. If the student fails the exam a second time, they are dropped from the program and do not receive a certificate.

HLPR - 605 - Concepts of Chronic Disease Management (3cr.)

HLPR - 630 - Behavior Change Strategies and Tactics (3cr.)

HLPR - 631 - Health Coaching (3cr.)

HLPR - 650 - Healthy Lifestyles - Mind Body Behavior (3cr)

HLPR - 664 - Health Coaching Practicum (1 to 3cr.)

HLPR - 809 - Health Behavior (3cr.)

HLPR - 813 - Health Psychology and Behavioral Medicine (3cr.)

HLPR - 823 - Human Response to Stress (3cr.)

NTDT - 610 - Overweight and Obesity Prevention and Management (3cr.)

NURS - 622 - Advanced Pharmacology (3cr.)