WELLNESS COACHING (MINOR)

The minor in Wellness Coaching is offered by the School of Nursing, effective Fall 2018.

The Wellness Coaching minor through the College of Education and Human Development, Department of Health and Sports Sciences has been suspended to further enrollment, effective Summer 2018.

Minor in Wellness Coaching
(students enrolling in the minor after May 2018)
Unit: School of Nursing (http://louisville.edu/nursing)

To enroll in the Wellness Coaching minor, students must have at least a 2.50 cumulative university GPA.

Program Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NURS 201</td>
<td>Introduction to Wellness Coaching</td>
<td>3</td>
</tr>
<tr>
<td>NURS 388</td>
<td>Global Health: Disparities and Social Determinants - D2, SB 1</td>
<td>3</td>
</tr>
<tr>
<td>SW 460</td>
<td>Motivation and Change</td>
<td>3</td>
</tr>
<tr>
<td>NURS 301</td>
<td>Internship in Wellness Coaching</td>
<td>3</td>
</tr>
</tbody>
</table>

Elective Coursework
Select two courses (6 hours) from the following: 6
- ELFH 412 Coaching and Talent Development
- PSYC 305 Brain and Behavior
- PSYC 306 Life Span Developmental Psychology
- PSYC 310 Psychology of Diversity
- PSYC 320 Exercise Psychology
- PSYC 325 Health Psychology
- HSS 302 Nutrition in Healthy Living 2
- HSS 394 Foundations of Exercise Physiology
- HSS 293 Social and Psychological Dimensions of Physical Activity - SB
- PEAC 350 Mediation & Conflict Transformation
- NURS 330 Special Topics 3

Minimum Total Hours 18

2.50 GPA is required. No D grades will be accepted in minor courses.
1 Please note that these courses have prerequisite requirements which may not be listed in the courses above.
2 After Spring 2018, students may substitute an approved, equivalent internship offering (e.g., NURS 301).
3 Fall only

Minor in Wellness Coaching
(students enrolled in the minor prior to May 2018)
Unit: College of Education and Human Development (http://www.louisville.edu/edu)

Program Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSS 382</td>
<td>Wellness Coaching 1</td>
<td>3</td>
</tr>
<tr>
<td>HSS 496</td>
<td>Internship in Wellness Coaching 2</td>
<td>3</td>
</tr>
<tr>
<td>HSS 501</td>
<td>Stress and Tension Control</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 320</td>
<td>Exercise Psychology (previously PSYC 450) 1</td>
<td>3</td>
</tr>
</tbody>
</table>

Select two of the following: 6
- ECPY 507 Learning Theory and Human Growth and Development
- HSS 302 Nutrition in Healthy Living
- HSS 394 Foundations of Exercise Physiology
- HSS 503 Obesity, Causes, Control 1,3
- HSS 597 Special Topics in Health and Sport Science
- PEAC 350 Mediation & Conflict Transformation
- PSYC 581 Introduction to Health Psychology
- SW 397 Special Topics in Social Work 1

Minimum Total Hours 18

1 NURS 492 Global Public Health may be substituted, however it does not fulfill the SB or D2 Cardinal Core requirements.
2 HSS 303 Human Nutrition may be substituted.
3 NURS 330 Special Topics Requires permission of the Wellness Coaching instructor.