Graduate Certificate in Health and Wellness Coaching

Maryland University of Integrative Health’s (MUIH) Graduate Certificate in Health and Wellness Coaching is a comprehensive academic program for people who are passionate about wellness and committed to helping others lead more healthy and vital lives.

Health and wellness coaching is an evidence-based and client-centered process that empowers people to tap into their own inner source of motivation to restore and preserve health—physically, psychologically, and spiritually. Graduates of our program are able to work with clients to help them clarify their personal health goals, explore possible resistance to change, implement and sustain health-generating behaviors, create health-maintenance activities, and manage their progress and accountability.

Program Highlights
- Curriculum encourages a wider view of the field of health and wellness, in contrast to the nation’s current disease-focused model
- Curriculum includes the application of brain research to coaching
- Faculty include pioneers and innovators in the fields of coaching and health and wellness
- Required practicum offers experience in working one-on-one with clients and forms the basis for building a successful practice
- This 15-credit certificate provides the foundation for the 30-credit Master of Arts in Health and Wellness Coaching
- The program is approved by the International Coach Federation (ICF) as a 200-hour Approved Coach Specific Training (ACSTH) program
- Continuing Education Units are available for many professions
- Weekend format
- No standardized tests required for admission
- Eligible for federal financial aid
Professional Opportunities
Research shows that health education alone is not enough to inspire people to change behaviors and make positive health choices. Health and wellness coaching is now recognized as a key competency and catalyst that can effect change.

According to U.S. News and World Report, “Fitness trainers have long been popular, but ever more, people also want support in their efforts to eat less, stop smoking or drinking, and reduce stress. These people are starting to seek out wellness coaches... Wellness coaches are being hired not only by individuals but by employers and health insurers as a likely cost-beneficial perk for their employees.”

Graduates of this program will be prepared to fill the growing demand for coaches with the knowledge and skills to help people take charge of their own health and create sustainable change.

Career opportunities include:
- Health and wellness coach, private and group practice
- Corporate health and wellness coach
- Health and wellness coach at fitness centers, medical centers, and other health-related organizations
- Writer/publisher of books and articles

Program Format
The Graduate Certificate in Health and Wellness Coaching is a 15-credit program delivered in a weekend format to accommodate working professionals. All classes are held on Saturdays and Sundays from 8:30 a.m. to 5:30 p.m., with the exception of the opening course, which is held Friday to Sunday over two consecutive weekends. Class hours on Fridays are 5:00 p.m. to 9:00 p.m.

Academic Director
Cheryl Walker, M.L., MCC

Admission Requirements
To be considered for admission to all graduate academic programs, including master’s degree and graduate certificate programs, applicants must have a bachelor’s degree from a regionally accredited institution. In addition, applicants must submit an official transcript for the bachelor’s degree and all degrees earned beyond a bachelor’s degree.

For More Information
Detailed course descriptions, faculty bios, admissions process, tuition, and more program information are available online at www.muih.edu. You can also find the complete Academic Catalog at www.muih.edu.

For admission questions and to visit the campus, please contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@muih.edu.

For financial aid and scholarship details, contact the Office of Financial Aid at 410-888-9048 ext. 6628, financialaid@muih.edu, or visit www.muih.edu.