With Maryland University of Integrative Health’s (MUIH) Master of Arts in Health and Wellness Coaching, you can earn the highest academic credential in this cutting edge field in as few as 12-24 months, set yourself apart from your peers, and be recognized as a leader in the industry.

This program will provide you with the advanced skills and expertise to help clients clarify and implement health goals, and sustain life-changing behaviors. You will also develop a wider view of the field of health and wellness, in contrast to our nation’s current disease-focused model.

The integrative approach of this 30-credit program offers areas of concentration in nutrition, medicinal herbs, and herbal studies, and includes foundational courses in Motivational Interviewing (an evidence-based coaching model) and International Coach Federation (ICF) core competencies. The program is delivered in a weekend format to accommodate working professionals.

Program Highlights

- Taught by leaders in the field of health and wellness and coaching
- Curriculum includes evidence-based models, such as Motivational Interviewing; Prochaska’s Change Model; Positive Psychology; Immunity to Change Theory; the emerging field of brain science; and skills in how to build a practice and inspire people to make positive, health-generating change
- Areas of concentration include nutrition, medicinal herbs, and herbal studies
- Includes internships in which students work one-on-one with clients under faculty supervision to build coaching competencies so that upon graduation they have the confidence and skills to work independently as health and wellness coaches
- Provides International Coach Federation (ICF) approved Coach Specific Training Hours (ACSTH)
- Weekend format to accommodate people with weekday commitments and those who travel to attend the program
- Eligible for federal financial aid

Formerly Tai Sophia Institute
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 the Master of Arts in Health and Wellness Coaching program will be uniquely prepared to help lead this wellness revolution and fill the growing demand for coaches with advanced skills and expertise to help people take charge of their own health and create sustainable change.

Career opportunities for Master of Arts in Health and Wellness Coaching graduates 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
- Faculty at colleges/universities
- Writer/publisher of books and articles
- Researcher

Program Format
The Master of Arts in Health and Wellness Coaching is a 30-credit program delivered in a weekend format to accommodate working professionals. The modular curriculum begins with foundation courses in health and wellness coaching, including Motivational Interviewing (an evidence-based coaching model) and International Coach Federation (ICF) core competencies. As students move through the program, they design their own course of study, choosing from nutrition, medicinal herbs, and herbal studies as areas of concentration for their coaching practice.

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.

Maryland University of Integrative Health is one of the nation’s only accredited graduate schools with an academic and clinical focus on health and wellness.

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www.muih.edu

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