

2019

Bachelor of Science - Health and Wellness Coaching_2019-2020

Nova Southeastern University

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FIRST YEAR SEMINAR		
Course	Credits	Frequency
UNIV 1000: First Year Seminar	3	
Total First Year Seminar Credits	3	

GENERAL EDUCATION REQUIREMENTS

Area/Course	Credits	Frequency
<u>Written Composition</u>		
<i>6 credits at or above COMP 1500</i>		
Open Written Communication*	3	
Open Written Communication*	3	
<u>Mathematics</u>		
<i>6 credits at or above MATH 1040</i>		
Math 1040 Algebra for College Students	3	
Math 2020 Applied Statistics	3	
<u>Arts & Humanities</u>		
<i>6 credits in HIST, ARTS, PHIL, HUMN, LITR, THEA, FILM, MUSC, DANC, WRIT, foreign language</i>		
Open Arts & Humanities*	3	
Open Arts & Humanities*	3	
<u>Social & Behavioral Sciences</u>		
<i>6 credits in PSYC, SOCL, ANTH, ECN, COMM, GEOG, GEST, INST, POLS</i>		
Open Social and Behavioral Sciences*	3	
Open Social and Behavioral Sciences*	3	
<u>Science</u>		
<i>6 credits in BIOL, MBIO, CHEM, SCIE, ENVS, PHYS</i>		
Open Science*	3	
Open Science*	3	
Total General Education Credits	30	

*Dual Admit D.O. students - see recommended courses for BPH/DO students

Complete 10 open elective courses*
(*Dual admission D.O. students - see recommended D.O. curriculum)

Total Open Electives Credits 12

* See 4 year plan of study for BPH/DO students.

MAJOR		
Course	Credits	Frequency
HAWC 1000 Introduction to Coaching	3	F
HAWC 1001 Human Systems and Family Relationships	3	F/W
HAWC 1002 Overview of Lifespan Wellness	3	W
HAWC 2003 Ethics of Coaching	3	F
HAWC 2005 Coaching in Health Care Systems	3	F/W
HAWC 2050 Coaching Diverse Populations	3	F/W
HAWC 3007 Solution Focused Coaching	3	F
HAWC 3008 Coaching Practicum I	3	F/W
HAWC 3009 Introduction to Systems Theories	3	W
HAWC 3010 Private Practice of Coaching	3	W
HAWC 3011 Coaching Practicum II	3	F/W
HAWC 4012 Advanced Solution Focused Coaching I	3	F/W
HAWC 4014 Research Methods and Evaluation in Coaching	3	F/W
BIOL 1500 Biology I/Lab	4	F/W
BIOL 1510 Biology II/Lab	4	F/W
BIOL 3320 Anatomy and Physiology I/Lab	4	F/W
PSYCH 1020 Introduction to Psychology	3	F/W
SOCL 1020 Introduction to Sociology	3	F/W

Total Major Credits 57

MAJOR ELECTIVES

Select from the following:

HAWC 2004 Coaching in Schools and Community Agencies	3	F
HAWC 2006 Mindfulness and Meditations for Health	3	W
HAWC 2007 The Family Life Cycle	3	W
HAWC 3019 Integrative Wellness Approaches	3	W
HAWC 3020 Diabetes Education and Coaching	3	F
HAWC 3021 Geriatric Coaching	3	F
HAWC 3022 Parent Coaching	3	F
HAWC 3023 Pediatric Coaching	3	W
HAWC 3024 Couples/Relationship Coaching	3	W
HAWC 4025 Advanced Solution Focused Coaching II	3	W
HAWC 4990 Independent Study	1-3	W/F/S

*Students are permitted to take 9 credits of major electives from the following course prefixes: BSPH, BSHN

Total Elective Credits 18

Total Major Credits 75

TOTAL CREDITS: 120

Frequency Key: F-Every Fall; W-Every Winter; S - Every Summer; FO - Odd Year Fall;
FE - Even Year Fall; WO - Odd Year Winter; WE - Even Year Winter