

## Holistic Health and Wellness Coach with a concentration in Holistic Nutrition - IDL (HHWC-HN-IDL)

Diploma

755 Classroom Hours 65 Instructional Weeks

41.50 Credit Hours Calendar 71 Weeks

Core Courses Code Course Clock Credit Date Pre-req Synch 30 TP 106-OL GRIT for Success 1.75 N/A N/A 30 HC 220-OL N/A Psychology of Well-being 1 1.75 N/A 30 HC 221-OL N/A 1.75 HC 220-OL Psychology of Well-being 2 30 HC 222-OL Psychology of Addictions & Disordered Eating 1.75 N/A N/A 30 MM 101-OL 2.00 N/A N/A Mindfulness: Introduction 15 Half-way in N/A 0.75 TP 107-OL **GRIT: Student Journey** program Subtotal 165 9.75 Health and Wellness Coaching Course Clock Credit Pre-req Date Code Synch HC 101-OL 30 1.50 N/A Required Foundations of Wellness Coaching\* 30 HC 201-OL Professional Wellness Coaching and Ethics\* 1.50 HC 101-OL Required 30 HC 155-OL Anatomy of Wellness\* 1.50 HC 201-OL Required 30 HC 156-OL Health Conditions\* 1.50 HC 201-OL Required 30 HC 301-OL Advanced Wellness Coaching 1\* 1.25 HC 201-OL Required 30 HC 302-OL Advanced Wellness Coaching 2\* 1.25 HC 201-OL Required 20 HC 401-OL NBHWC Exam Prep \* 1.00 **HWC 200** Required Subtotal 200 9.50 Holistic Nutrition Code Course Clock Credit Pre-req Synch Date 30 HN 105-OL 2.00 Required Foundation of Holistic Nutrition\* N/A 30 HN 124-OL 2.00 Micro/Macro Nutritional Biochemistry\* HN 105-OL Required 30 HN 235-OL 2.00 HN 105-OL Nutritional Needs Across the Life Cycle Optional 30 HN 351-OL Microbiome Wellness\* 1.75 HN 105-OL Required 25 HN 210-OL 1.50 N/A N/A Whole Foods Cuisine I 25 HN 222-OL N/A Raw Food Cuisine I 1.50 N/A MM 105-OL 30 1.75 N/A N/A Foundations of Mindful Eating Subtotal 200 12.50 Holistic Entrepreneurship Clock Credit Code Course Pre-req Synch Date HE 101-OL 30 1.75 Entrepreneur's Journey 1: Departure N/A Optional HE 102-OL 30 1.50 HE 101-OL Optional Entrepreneur's Journey 2: Initiation HE 103-OL 30 1.50 HE 101-OL Entrepreneur's Journey 3: Return Optional HE 201-OL 30 Influencer's Journey: Sharing Your Story 1.25 HE 101-OL Optional Subtotal 120 6.00

## Choose Your Specializations

Choose one of the following Specializations

## Option 1: Whole Foods Culinary Specialist

Option 1. Whole Poods Culmary Specialist							
Code	Course	Clock	Credit	Pre-req	Synch	Date	
HN 223-OL	Advanced Whole Foods & Raw Cuisine	30	1.50	HN 210-OL	N/A		
HN 500-OL	Culinary Applications & Business Perspectives	40	2.25	HN 223-OL	N/A		
	Subtotal	70	3.75				

## **Option 2: Mindful Meditation Facilitator** Code Course Credit Clock Pre-req Synch Date MM 301-OL 30 1.50 MM 101-OL N/A Mindful Meditation Techniques MM 401-OL 40 Mindful Meditation Facilitator 2.25 MM 301-OL Optional Subtotal 70 3.75

\*Course has synchronous hours

Advisor

Total 755 41.50

Student	Date

SWIHA's mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.

Date