



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

Diploma

755 Classroom Hours 45 credits

65 Instructional Weeks 71 Calendar Weeks

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
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Core Courses

Code	Course	Clock	Credit	Pre-Requisites	Date
TP 105-OL	GRIT for Success	15	1.00		
HC 220-OL	Psychology of Well-being 1	20	1.25		
HC 221-OL	Psychology of Well-being 2	20	1.25	HC 220-OL	
HC 222-OL	Psychology of Addictions & Disordered Eating	40	2.50		
MF 101-OL	Mindfulness: Introduction and Movement	40	2.00		
MF 105-OL	Foundations of Mindful Eating	40	2.50		
HC 401-OL	NBHCW Exam Prep	20	1.25	HWC 200	
Subtotal		195	9.25		

Health and Wellness Coaching

Code	Course	Clock	Credit	Pre-Requisites	Date
HC 101-OL	Foundations of Wellness Coaching*	20	1.25		
HC 201-OL	Professional Wellness Coaching and Ethics*	20	1.25	HC 101-OL	
HC 301-OL	Advanced Wellness Coaching 1*	40	2.00	HC 201-OL	
HC 302-OL	Advanced Wellness Coaching 2*	40	2.50	HC 301-OL	
HC 155-OL	Anatomy of Wellness*	40	2.50		
HC 156-OL	Health Conditions*	40	2.50		
Subtotal		200	12.00		

Holistic Nutrition

Code	Course	Clock	Credit	Pre-Requisites	Date
HN 105-OL	Foundation of Holistic Nutrition*	40	2.50		
HN 124-OL	Micro/Macro Nutritional Biochemistry	40	2.50	HN 105-OL	
HN 235-OL	Nutritional Needs Across the Life Cycle	40	2.50	HN 105-OL	
HN 351-OL	Microbiome Wellness*	40	2.50	HN 105-OL	
HN 210-OL	Whole Foods Cuisine 1	20	1.00		
HN 222-OL	Raw Food Cuisine 1	20	1.00		
Subtotal		200	14.50		

Holistic Entrepreneurship

Code	Course	Clock	Credit	Pre-Requisites	Date
BC 555-OL	Entrepreneurial Business Development	40	2.50		

BC 559-OL	GRIT for Influencers	60	3.75		
	Subtotal	100	6.25		
Option 1: Mindfulness Facilitator					
Code	Course	Clock	Credit	Pre-Requisites	Date
MF 201-OL	Mindfulness: Guided Imagery	20	1.00	MF 101-OL	
MF 301-OL	Mindfulness: Attention and Breath Techniques	20	1.00	MF 101-OL	
MF 401-OL	Mindfulness Facilitator	20	1.00	MF 201-OL MF 301-OL	
	Subtotal	60	3.00		
Option 2: Culinary					
Code	Course	Clock	Credit	Pre-Requisites	Date
HN 223-OL	Whole Foods Cuisine 2	20	1.00	HN 210-OL	
HN 224-OL	Raw Food Cuisine 2	20	1.00	HN 222-OL	
HN 500-OL	Business of Culinary	20	1.00	HN 223-OL, HN 224-OL	
	Subtotal	60	3.00		
	Program Total	755	45.00		

*Course has synchronous hours

Student

Date

Advisor

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.