

CERTIFICATE PROGRAM: HEALTH COACH TRAINING CERTIFICATE

Efforts to reduce healthcare costs by teaching people about healthy habits and behaviors have created rapid growth and need for health coaches. Health coaching is a collective and highly individualized service that concentrates on enhancing wellness and health. It develops a person's ability to attain short-term and extended health objectives. This is an emerging field with growing demand. Health coaches work in medical centers, HR departments, insurance companies, and in private practice. These scientifically based courses covers health coaching from expecting mothers to seniors. Participants seeking the certificate must complete all three courses. Courses may also be taken individually. Each course is 15-30 clock hours/1.5-3.0 CEUs. Certificate 60-90 clock hours/6-9 CEUs.

XHWU 8000 L.E.A.N. Start and Essentials - Families

Dr. Sears' L.E.A.N. Expectations Health Coach Training & Certification course consists of direct instruction (66%) and self-study and/or on-line study (33%) for a total of 15 or 30 hours. Upon completion of this course, participants will be able to effectively equip pregnant and nursing moms for a healthier pregnancy and baby, a smoother delivery and recovery and implement optimal pre/post-natal nutrition practices. Participants will successfully demonstrate how lifestyle, exercise, attitude and nutrition choices can positively or negatively affect women before, during and after pregnancy. 1-2 credits.

- 15-30 clock hours
- 1-2 PDUs

Provider approved by the California Board of Registered Nursing, Provider Number 15531 for 30 contact hours.

XHWU 8001 L.E.A.N. Expectations - Pregnancy

Dr. Sears' LEAN Training & Certification course consists of 20 hours of direct instruction with 10 hours of self-study and/or on-line study for a total of 30 hours. Upon completion of this course, participants will be able to demonstrate how lifestyle, exercise, attitude, and nutrition choices can positively or negatively affect children's learning, behavior, attention, attitude and performance both in school and at home. Additionally, participants will demonstrate how choices made by both children and parents play a crucial role in a child's education experience. 1,2 credits.

- 15-30 clock hours
- 1-2 PDUs

Provider approved by the California Board of Registered Nursing, Provider Number 15531 for 15 or 30 contact hours.

XHWU 8002 Prime Time Health - Adults and Seniors

Dr. Sears' Prime-Time Health Coach Training & Certification course consists of direct instruction (66%) and self-study and/or on-line study (33%) for a total of 15 or 30 hours. Upon completion of this course, participants will be able to empower adults and seniors to prevent age-related diseases, sharpen thinking, boost energy, and take charge of their health. Topics in this course include basic and extended nutrition, opening our internal pharmacy, making healthy our body, moving waste from our waist, and living without pain and inflammation. Additionally, body systems including cardiology, the digestive system, blood sugar and insulin, the brain, inflammation and inflammatory response are included to provide a deeper understanding of these complex body systems. 1,2 credits.

- 15-30 clock hours
- 1-2 PDUs

Provider approved by the California Board of Registered Nursing, Provider Number 15531 for 15 or 30 contact hours.

Students can expand their knowledge in this area; see the undergraduate Nutrition and Wellness certificate.