

**New Graduate Program (Majors, Sequences, Certificates) Proposal  
Illinois State University - Graduate Curriculum Committee**

**Program Department** Health Sciences  
**Initiator** Jim Broadbear  
**Phone** 438-8807  
**Initiator Department** Health Sciences  
**Coauthor(s)** None  
**Title of New Program** Health & Wellness Coaching

**Submission Date** Tuesday, October 17, 2023  
**Email** jtbroad@ilstu.edu  
**Campus Address** 5220 Health Sciences  
**Version** 3 **ID** 203  
**Proposed Starting Catalog Year** 2024-2025

**1. Proposed Action**

- New Major
- New Sequence
- New Certificate
- More than 50% of courses in this program are Distance Education

**2. Provide Graduate Catalog copy for new program.**

Health and Wellness Coaching Graduate Certificate

The certificate prepares learners to become a National Board Certified-Health & Wellness Coach. With the certification, coaches can work in various settings, full or part-time, helping people improve their health and optimize their wellness. Courses completed as part of the certificate may also be counted towards the requirements for the Master of Public Health with official admission to the graduate program. Students should apply for the certificate before beginning coursework.

This 9-hour certificate requires successful completion with a grade of B or better in each of the following courses:

HSC 477, HSC 496, and HSC 498a11

**3. Provide a description for the proposed program.**

Three courses comprise the program that is designed to meet the requirements of the National Board for Health & Wellness Coaching (NBHWC; www.nbhwc.org). Students complete HSC 477: Health & Wellness Coaching, HSC 496: Health Behavior, and HSC 498a11: Professional Practice in Health & Wellness Coaching. HSC 477 and 496 are prerequisites for HSC 498a11. Each course is 3 credit hours.

The program is a graduate version of ISU's approved undergraduate Minor in Health & Wellness Coaching (HWC). Program approval from NBHWC for the graduate certificate will be secured during 2023-24 and students who complete the certificate will be eligible to sit for the examination for certification.

**4. Provide a rationale of proposed program.**

Health & Wellness Coaching is experiencing a rapid growth in demand fueled by the robust body of literature on HWC effectiveness, significant need to address chronic disease, and wide interest in optimizing wellness behaviors. HWC has grown in various settings including healthcare, worksite wellness, and entrepreneurially.

The National Board for Health & Wellness Coaching was formed in 2012 and has since established professional standards, a certification exam, and a coaching education program approval process. The NBHWC credential is now recognized nationally and increasingly globally. Employers routinely seek it and health insurers are moving towards reimbursement for HWC. The proposed program, a graduate version of the currently approved undergraduate program, is designed based the program approval standards and securing this approval is a priority once the curriculum is approved.

**5. Describe the expected effects of the proposed program on existing campus programs (if applicable).**

There are no anticipated effects of the proposed program on existing campus program.

**6. Describe the expected curricular changes required, including new courses. If proposals for new courses that will be or have been submitted, please reference those related proposals here:**

The only change is adding a version of the existing professional practice course (HSC 498.11) specific to Health & Wellness Coaching.

**7. Anticipated funding needs and source of funds.**

Funds are needed for program approval through the National Board for Health & Wellness Coaching. The FIF has been approved.

**8. No Does this program count for teacher education?**

**9. The following questions must be answered.**

- N.A.** Have letter(s) of concurrence from affected departments/schools been obtained?  
*A departments/school is affected if it has a program with significant overlap or if it teaches a required or elective course in the program.*

**Financial Implications Form**

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**10. [Proposal Routing](#)**

**Routing and action summary for New Graduate Program:**

**1. Health Sciences Department Curriculum Committee Chair**

Meridee Vandraska (website)  
Signature

Meridee Vandraska  
Print

9/13/2023 8:39:28 AM  
Date

**2. Health Sciences Department Chair/School Director**

David Grieshaber (website)  
Signature

David Grieshaber  
Print

8/27/2023 10:49:02 AM  
Date

**3. College of Applied Science and Technology College Curriculum Committee Chair**

Elizabeth Sattler (website)  
Signature

Elizabeth Sattler  
Print

10/20/2023 9:39:18 AM  
Date

**4. College of Applied Science and Technology College Dean**

Cara Rabe-Hemp (website)  
Signature

Cara Rabe-Hemp  
Print

10/20/2023 9:44:01 AM  
Date

**5. Graduate Curriculum Committee Chair**

Noelle Selkow (website)  
Signature

Noelle Selkow  
Print

11/15/2023 1:29:19 PM  
Date

**6. Director of Graduate School**

Noelle Selkow (website)  
Signature

Noelle Selkow  
Print

11/15/2023 2:26:01 PM  
Date

All new graduate programs (majors, sequences, certificates) are routed by the G.C.C. to the Academic Senate

**Comments**

**Comments from Version 1 from David Grieshaber** ( Department Chair/School Director):  
Please edit 498aXX to 498.11

**Comments from Version 2 from Elizabeth Sattler** ( College Curriculum Committee Chair):  
CCC approves pending the following changes:

- Write out acronyms the first time they are used and be consistent throughout the proposal

- Section 2; last sentence, reword "for certification" suggestion of "to sit for..." so that it explains being able to sit for the certificate exam

- Section 4; add a final sentence/statement of how this program will fulfill accreditation

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**Comments on Proposal.** (Required if proposal rejected)

**Academic Senate Approver**

Approve

Reject

Edit