



WELLNESS COACHING
Individualized Degree Program (IDP) Incubator Minor
Recommended for pre-health, health science, and health-related majors

Are you interested in a career in wellness coaching?

Wellness coaching is an emerging field that focuses on empowering clients to make healthy lifestyle changes to optimize their health and wellbeing. The Integrative Therapeutic Practices program and the Human Performance and Sport program are both ideal foundations for creating health and wellness coaches due to these programs' strong health science foundations. The Wellness Coaching IDP Incubator minors will give students wishing to pursue a career in wellness coaching additional skills and knowledge in wellness coaching areas such as motivational interviewing, positive psychology, and behavior change.

Within the Wellness Coaching IDP Minor, there are two focuses available: Lifestyle Medicine and Lifestyle Fitness and Exercise Science.

Students interested in pursuing a Minor in the field of Wellness Coaching may do so through the Individualized Degree Program (IDP), allowing for a combination of suggested coursework across multiple departments with the flexibility to meet the needs of the individual student.

Students must work with a faculty advisor from the appropriate Wellness Coaching IDP Minor focus, as well as an advisor from the Center for Individualized Learning in order to ensure their Individualized Degree Program meets their own needs, those of their department, and those of the industry.

If a student has taken a recommended course for the minor as part of their major, elective courses can be used as a substitute for the required courses within the minor. Contact the Wellness Coaching advisor for your focus to discuss appropriate substitute courses.

Please contact: Lifestyle Medicine Focus

- Dr. Michelle Tollefson: 303-556-3130
- mtollef1@msudenver.edu

Lifestyle Wellness Focus

- Dr. Susan Bertelsen: 303-556-2969
- bertelse@msudenver.edu

Center for Individualized Learning

- Michelle Dupuis: 303-615-0525
- mdupuis1@msudenver.edu

In order to be an IDP major, you must meet with an advisor at the Center for Individualized Learning.
Please contact the Center at 303-615-0525 for further information.

Recommended coursework for the IDP Incubator Wellness Coaching Minor

Core courses: Highly Recommended for ALL Wellness Coach Minors

HPS 290P/ITP 290P – Wellness Coaching I – 3
HPS/ITP XXXX – Wellness Coaching II – 3
HPS 1640: Physical Fitness Techniques and Programs – 2
NUT 2040: Intro to Nutrition – 3
ITP 2700: Holistic Health - 3

Total Core Credits – 14

Lifestyle Medicine Focus
Recommended for Lifestyle Medicine Focus

- ITP 1500: Dynamics of Health – 3
- ITP 390A: Lifestyle Medicine – 3

Total – 6

Electives for Lifestyle Medicine Focus

- HCM 390M: Entrepreneurship in Health – 1
- HSL 1440: Skills and Methods of Stress Management – 2
- HPL 1880: Tai Chi – 2
- HPL 1840: Hatha Yoga I – 2
- HPS 2890: Personal Training Concepts and Applications – 2
- HPS 3780: Fitness Programs for Special populations – 2
- HPS 3790: Fitness Programs for Children, Adolescents and Older Adults – 3
- ITP 3800: Stress and Sleep – 3
- ITP 4000: Pediatric Holistic Health – 3
- ITP 4100: Women’s Holistic Health – 3
- ITP 2900: Men’s Health – 3
- ITP 3700: Physiology of Aging – 3
- NUT 3040: Nutrition Concepts and Controversies – 3
- NUT 3050: Concepts of Lifecycle Nutrition – 3
- NUT 3200: Nutrition and Sports Performance – 3
- NUT 3300: Cultural Aspects of Nutrition – 3
- NUT 3400: Nutrition and Weight Management – 3

Total for Lifestyle Medicine Focus:

Wellness Coaching Core Courses – 14
Required for Lifestyle Medicine Focus – 6
Electives for Lifestyle Medicine Focus – optional
Total – 20

Contact:

Michelle Tollefson
303-556-3130

mtollef1@msudenver.edu

Lifestyle Wellness Focus
Recommended for Lifestyle Fitness and Exercise Science Focus

- HSL 1440: Skills and Methods of Stress Management – 2
- HPS 290_: Trends in Wellness Coaching – 3
- HPS 390_: Facilitating a Healthy Lifestyle through Behavior Change – 3

Total – 8

Electives for Lifestyle Wellness Focus

- HCM 390M: Entrepreneurship in Health – 1
- HPL 1880: Tai Chi – 2
- HPL 1840: Hatha Yoga I – 2
- ITP 3800: Stress and Sleep – 3
- ITP 4100: Women’s Holistic Health – 3
- ITP 2900: Men’s Health – 3
- NUT 3300: Cultural Aspects of Nutrition – 3
- NUT 3400: Nutrition and Weight Management – 3

Total for Lifestyle Wellness Focus:

Wellness Coaching Core Courses – 14
Required for Lifestyle Wellness Focus – 8
Electives for Lifestyle Wellness Focus – optional
Total – 22

Contact:

Dr. Susan Bertelsen
303-556-2969

bertelse@msudenver.edu