UNIQUE PROFESSIONAL AND OLYMPIC ATHLETES OPPORTUNITY
Since 2011, dozens of CLC’s Health and Wellness Promotion students have played an active role in working with Professional and Olympic level athletes and coaches. This has included assisting in the implementation of Strength and Conditioning assessments during annual training camps. Applying for these experiences is competitive but working with elite athletes is a great addition to your resume. Learn more about these experiences and the rest of CLC’s Health and Wellness Promotion program at an information session. To find out dates, times, and locations, visit www.clcillinois.edu/infosessions.

PROGRAM RECOGNITION MEANS CERTIFICATION GATEWAY FOR YOU
The Health and Wellness Coaching Certificate Program and the A.A.S. in HWP Degree - Health and Wellness Coaching Specialization are Approved Transition Programs by the National Board of Health and Wellness Coaches (NBHWC). As a result, graduates who have completed CLC’s Health and Wellness Coaching Certificate or degree and meet NBHWC’s other requirements are eligible to sit for the NBHWC national board certification exam (which launched in 2017). For more information about the NBHWC please visit www.nbhwc.org.

Additionally, the College of Lake County is proud to have the only community college Health and Wellness Degree in the U.S. to be awarded accreditation from the National Wellness Institute (NWI). This means that students who successfully complete the A.A.S. in Health and Wellness Promotion and have already earned a B.S./B.A. degree in any discipline are eligible to receive their Certified Wellness Practitioner (CWP) designation from NWI (fee applies).

FIRST SEMESTER

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>HWP 240</td>
<td>Contemporary Health Issues</td>
<td>3</td>
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<tr>
<td>HWP 257</td>
<td>Health and Wellness Practicum I</td>
<td>1</td>
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<tr>
<td>PED 242</td>
<td>Philosophy of Coaching</td>
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SECOND SEMESTER

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<tr>
<th>Course Code</th>
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<tr>
<td>HWP 290</td>
<td>Principles of Wellness Coaching</td>
<td>3</td>
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<tr>
<td>HWP 258</td>
<td>Health and Wellness Practicum II</td>
<td>1</td>
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<tr>
<td>CMM 128</td>
<td>Interviewing Practices</td>
<td>3</td>
</tr>
<tr>
<td>PSY 121</td>
<td>Introduction to Psychology</td>
<td>3</td>
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Total Hours for Certificate 17

TYPICAL JOBS
- In-person Health and Wellness Coach
- Telephonic Health and Wellness Coach
- Group Health and Wellness Coach

EMPLOYERS
- Self-Employment
- Health Care Organizations
- Hospitals and Clinics
- Health Insurance Companies
- Corporate Wellness Providers
- Integrative Health Care Organizations

GETTING STARTED
For steps on how to apply and register, visit www.clcillinois.edu/admission.

CONTACT INFO
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Professor and Program Chair
(847) 543-2029
jpabedinskas@clcillinois.edu

Biological and Health Sciences
(847) 543-2042

In providing educational programs and opportunities, the College of Lake County is committed to maintaining an environment free from harassment and discrimination and will not discriminate on the basis of race, color, age, sex, national origin, physical or mental disability, religion, sexual orientation, gender identity or expression, marital status, military status, political affiliation, ancestry, citizenship, pregnancy, or any other status as protected by law. Inquiries regarding the College’s non-discrimination policy and related procedures may be directed to: Allena Barbato, Title IX Coordinator, Room B105, 19351 W. Washington St. Grayslake, IL 60030, (847) 543-2464.