

www.clillinois.edu/programs/hwp

A.A.S. PROGRAM OVERVIEW

**Biological and Health Sciences Division
Room B213 (847) 543-2042**

The focus of the A.A.S. in Health and Wellness Promotion (HWP) is to empower students to help others through prevention of illness, injury, and disease by effective application of principles and practices of holistic coaching. It also provides an opportunity for various health career certificate-seeking students to continue their education in a general health studies capacity and earn an associates degree. Successful completion of this program will prepare students for advanced certifications through the American College of Sports Medicine and the National Board for Health and Wellness Coaching (NBHWC) and others.

The associate degree program is accredited by the National Wellness Institute and the associate degree program (health and wellness coaching option) is approved by the National Board for Health and Wellness Coaching (NBHWC) and others. Graduates who meet other basic requirements are permitted to sit for the national board certification examination and may earn status as a National Board Certified Health and Wellness Coach (NBC-HWC). This board-level credential is offered through a partnership between the NBHWC and the National Board of Medical Examiners (NBME). Graduates of the AAS in HWP who also possess a BS/BA degree in any discipline qualify to receive the designation, Certified Wellness Practitioner (CWP) through NWI.

Students are **strongly encouraged** to attend an information session to learn more about the program.

Note: Day and evening classes are available. The HWP program is not a limited-enrollment program.

HEALTH AND WELLNESS PROMOTION: EXERCISE SCIENCE OPTION

Degree: Associate in Applied Science,
Health and Wellness Promotion:
Exercise Science Option
Plan 21WA

To complete an A.A.S., students are **strongly encouraged** to meet with a Student Development Counselor or advisor to identify coursework that will meet degree requirements.

FIRST SEMESTER		15
HWP 257	Health and Wellness Practicum I	1
KIN 221	Introduction to Physical Education or Other elective	3
KIN 243	Theory and Practice of Fitness	2
HWP 240	Contemporary Health Issues	3
PSY 121	Introduction to Psychology	3
ENG 120	Technical Composition I or	
ENG 121	English Composition I	3
SECOND SEMESTER		15
KIN 270	Biomechanics and Kinesiology	3
KIN 271	Exercise Physiology	3
HWP 260	Sport and Exercise Nutrition	3
CMM 111	Communication Skills or	
CMM 121	Fundamentals of Speech or	
CMM 123	Dynamics/Small Group Discussion	3
KIN 242	Philosophy of Coaching or Other elective	3
THIRD SEMESTER		14
KIN 272	Exercise Testing and Prescription	3
HWP 280	Introduction to Complementary and Integrative Health Care	3
HWP 290	Principles of Wellness Coaching	3
KIN 121	Individual Activities: Strength Training or Other elective	1
BIO 111	Human Form and Function or	
BIO 244*	Anatomy and Physiology I	4
FOURTH SEMESTER		16
HWP 258	Health and Wellness Practicum II	1
KIN 228	First Aid/CPR	2
BUS 121	Introduction to Business	3
PHI 121	Introduction to Philosophy or	
PHI 125	Introduction to Ethics	3
HWP 299	Special Topics: Personal Wellness or Other elective	3
KIN 220	Physical Education in the Elementary Schools or Other elective	3
KIN 160	Individual Activities: Yoga or Other elective	1
FIFTH SEMESTER		0-4
BIO 245*	Anatomy and Physiology II (If taking the BIO 244/245 sequence)	4
Total Hours for A.A.S. Degree		60-64

* Preferred courses for students planning to transfer to a 4-year institution. BIO 244 must be taken with BIO 245 in lieu of BIO 111. (NOTE: BIO 244 has a prerequisite of BIO 123 or BIO 161).

TYPICAL JOBS

- Corporate wellness professional
- Fitness program manager/director
- Group Fitness Instructor
- Health and Wellness Coach
- Health and Wellness Promotion Specialist
- Licensed Massage Therapist
- Personal Fitness Trainer
- Rehabilitation Aide/Technician
- Strength and Conditioning specialist

EMPLOYERS

- Corporations
- Health/fitness clubs
- Fitness or recreation centers
- Health Care settings/Hospitals
- Park districts
- Schools
- Specialty studios/clinics
- Self-employed/private practice
- Sports performance programs
- Wellness centers

PROGRAM OPTIONS

- Exercise Science Option
- Massage Therapy Option
- Health and Wellness Coaching Option

ELECTIVES

Students are to complete 25 credits of electives within their specialty option. When it is stated "or other elective" the suggested elective is listed, however, many other electives may count towards this requirement. Please see a faculty advisor for more information.

Grayslake • Vernon Hills • Waukegan • Online

HEALTH AND WELLNESS PROMOTION: MASSAGE THERAPY OPTION

Degree: Associate in Applied Science, Health and Wellness Promotion: Massage Therapy Option Plan 21WA

To complete an A.A.S., students are **strongly encouraged** to meet with a Student Development Counselor or advisor to identify coursework that will meet degree requirements.

FIRST SEMESTER		11
HWP 257	Health and Wellness Practicum	1
MAS 119	Introduction to Massage Therapy	1
BIO 111	Human Form and Function <i>or</i>	
BIO 244*	Anatomy and Physiology I	4
KIN 228	First Aid/CPR	2
HWP 240	Contemporary Health Issues	3
SECOND SEMESTER		14
MAS 110	Massage Structure and Functions I	2
MAS 112	Kinesiology and Palpation I	2
MAS 114	Massage: Communication and Business I	3
MAS 116	Clinical Skills and Special Populations	3
MAS 131	Massage Therapy I: Swedish	2
MAS 132	Massage Therapy II: Integrative	2
THIRD SEMESTER		12
MAS 210	Massage Structure and Functions I	2
MAS 212	Kinesiology and Palpation II	2
MAS 214	Massage: Communication and Business II	3
MAS 233	Massage Therapy III: Rehabilitative	2
MAS 234	Massage Therapy IV: Advanced Techniques	2
MAS 235**	Therapeutic Massage Clinic	1

FOURTH SEMESTER		15
ENG 120	Technical Composition or	
ENG 121	English Composition I	3
HWP 260	Sport and Exercise Nutrition	3
HWP 280	Introduction to Complementary and Integrative Health Care	3
HWP 290	Principles of Wellness Coaching	3
CMM 111	Communication Skills <i>or</i>	
CMM 121	Fundamentals of Speech <i>or</i>	
CMM 123	Dynamics/Small Group Discussion	3

FIFTH SEMESTER		10-14
HWP 258	Health and Wellness Practicum II	1
PHI 121	Introduction to Philosophy <i>or</i>	
PHI 125	Introduction to Ethics	3
BUS 121	Introduction to Business	3
PSY 121	Introduction to Psychology	3
BIO 245*	Anatomy and Physiology II (If taking the BIO 244/245 sequence)	0-4
Total Hours for A.A.S. Degree		60-64

* Preferred courses for students planning to transfer to a 4-year institution. BIO 244 must be taken with BIO 245 in lieu of BIO 111. (NOTE: BIO 244 has a prerequisite of BIO 123 or BIO 161).

** Each specialty option requires 25 credit of electives. For the MAS certificate, MAS 235 is required; for the A.A.S. MAS 235 is recommended.

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 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).

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HEALTH AND WELLNESS PROMOTION: HEALTH AND WELLNESS COACHING OPTION

Degree: Associate in Applied Science, Health and Wellness Promotion: Health and Wellness Coaching Option Plan 21WA

To complete an A.A.S., students are **strongly encouraged** to meet with a Student Development Counselor or advisor to identify coursework that will meet degree requirements.

FIRST SEMESTER		16
HWP 257	Health and Wellness Practicum I	1
KIN 242	Philosophy of Coaching	3
HWP 240	Contemporary Health Issues	3
KIN 221	Introduction to Physical Education <i>or</i> Other elective	3
ENG 120	Technical Composition <i>or</i>	
ENG 121	English Composition I	3
CMM 111	Communication Skills <i>or</i>	
CMM 121	Fundamentals of Speech <i>or</i>	
CMM 123	Dynamics/Small Group Discussion	3

SECOND SEMESTER		15
HWP 260	Sport and Exercise Nutrition	3
HWP 280	Introduction to Complementary and Integrative Health Care	3
HIT 111	Medical Terminology <i>or</i> Other elective	3
CMM 128	Interviewing Practices	3
PSY 121	Introduction to Psychology	3

THIRD SEMESTER		15
HWP 290	Principles of Wellness Coaching	3
KIN 228	First Aid/CPR	2
HWP 299	Special Topics: Health and Wellness Promotion <i>or</i> Other Elective	3
BIO 111	Human Form and Function <i>or</i>	
BIO 244*	Anatomy and Physiology I	4
BUS 121	Introduction to Business	3

FOURTH SEMESTER		14
HWP 258	Health and Wellness Practicum II	1
PHI 121	Introduction to Philosophy <i>or</i>	
PHI 125	Introduction to Ethics	3
PSY 224	Theories of Personality	3
CMM 127	Intercultural Communication <i>or</i> Other elective	3
ANT 121	Introduction to Anthropology <i>or</i> Other elective	3
KIN 160	Yoga I <i>or</i> Other elective	1

FIFTH SEMESTER		4
BIO 245*	Anatomy and Physiology II (If taking the BIO 244/245 sequence)	4

Total Hours for A.A.S. Degree 60-64

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CONTACT INFO

Grayslake Campus
19351 W. Washington St.
Grayslake, IL 60030

Dr. Joana Pabedinskas
Professor and Program Chair
(847) 543-2029
jpabedinskas@clcillinois.edu

Biological and Health Sciences
(847) 543-2042

GETTING STARTED

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