A.A.S. PROGRAM OVERVIEW

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, Wellcoaches Corporation, and the International Coach Federation.

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). 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.

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
- **HWP 257** Health and Wellness Practicum I 1
- **PED 221** Introduction to Physical Education or Other elective 3
- **PED 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
- **PED 270** Biomechanics and Kinesiology 3
- **PED 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
- **PED 242** Philosophy of Coaching or Other elective 3

### THIRD SEMESTER
- **PED 272** Exercise Testing and Prescription 3
- **HWP 280** Introduction to Complementary and Integrative Health Care 3
- **HWP 290** Principles of Wellness Coaching 3
- **PED 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
- **HWP 258** Health and Wellness Practicum II 1
- **PED 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
- **PED 220** Physical Education in the Elementary Schools or Other elective 3
- **PED 160** Individual Activities: Yoga or Other elective 1

### FIFTH SEMESTER
- **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

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

PROGRAM OPTIONS
- Exercise Science Option
- Massage Therapy Option
- Health and Wellness Coaching Option
Grayslake · Vernon Hills · Waukegan · Online

HEALTH AND WELLNESS PROMOTION
A.A.S. DEGREES

FOURTH SEMESTER  15
ENG 120  Technical Composition or  3
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 or  3
CMM 121  Fundamentals of Speech or  3
CMM 123  Dynamics/Small Group Discussion  3

FIFTH SEMESTER  10-14
HWP 258  Health and Wellness Practicum II  1
PHI 121  Introduction to Philosophy or  3
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).

**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 or  4
BIO 244*  Anatomy and Physiology I  4
PED 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

**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.clcilllinois.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).
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

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<tbody>
<tr>
<td>HWP 257</td>
<td>Health and Wellness Practicum I</td>
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<td>Philosophy of Coaching</td>
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<td>Contemporary Health Issues</td>
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<td>PED 221</td>
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SECOND SEMESTER

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<td>HIT 111</td>
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<td>CMM 128</td>
<td>Interviewing Practices</td>
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<td>PSY 121</td>
<td>Introduction to Psychology</td>
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THIRD SEMESTER

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<td>Principles of Wellness Coaching</td>
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<td>PED 228</td>
<td>First Aid/CPR</td>
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<td>HWP 299</td>
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<td>BIO 111</td>
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<td>BIO 244*</td>
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<td>BUS 121</td>
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FOURTH SEMESTER

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<td>Health and Wellness Practicum II</td>
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<tr>
<td>PHI 121</td>
<td>Introduction to Philosophy or Other elective</td>
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<tr>
<td>PHI 125</td>
<td>Introduction to Ethics</td>
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<td>PSY 224</td>
<td>Theories of Personality</td>
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<td>CMM 127</td>
<td>Intercultural Communication or Other elective</td>
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<td>ANT 121</td>
<td>Introduction to Anthropology or Other elective</td>
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<td>PED 160</td>
<td>Yoga I or Other elective</td>
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FIFTH SEMESTER

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

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