Program Overview
Biological and Health Sciences division
Room B213, (847) 543-2042

More and more people want to know what they can do to live longer and fuller lives. That desire is leading to a new and growing career field—health and wellness promotion.

Health and wellness professionals educate, motivate and guide clients. They help them learn about health and wellness strategies, set personal and professional goals and develop plans to achieve them. Professionals in the field can work in several specialties—as health/wellness/life coaches, personal fitness trainers, strength and conditioning specialists, corporate wellness professionals as well as facility and program managers/directors. CLC’s program can prepare students for each of these specialties.

HEALTH AND WELLNESS PROMOTION (Associate in Applied Science) Plan 21WA

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

Required General Education Coursework ..... 16-20
BIO 111 Human Form and Function or
BIO 244 Anatomy and Physiology I and
BIO 245 Anatomy and Physiology II .... 4-8
CMM 111 Communication Skills or
CMM 121 Fundamentals of Speech or
CMM 123 Dynamics/Small Group Discussion .................. 3

ENG 120 Technical Composition I or
ENG 121 English Composition I .......... 3
PHI 21 Introduction to Philosophy or
PHI 125 Introduction to Ethics ........... 3
PSY 121 Introduction to Psychology ..... 3

Required Health and Wellness Promotion Coursework ........................................ 19
BUS 121 Introduction to Business ........ 3
HCM 175 Nutrition .................................. 3
HWP 240 Contemporary Health Issues ... 3
HWP 257 Health and Wellness Practicum I .................................................. 1
HWP 258 Health and Wellness Practicum II .................................................. 1
HWP 260 Sport and Exercise Nutrition ... 3
HWP 290 Principles of Wellness Coaching .................................................. 3
PED 228 First Aid/CPR ......................... 2

Required Specialty Option .................... 25
Select one Specialty Option from three below:

Personal Training Option
PED 243 Theory and Practice of Fitness . 2
PED 270 Biomechanics and Kinesiology .......... 3
PED 271 Exercise Physiology ................. 3
PED 272 Exercise Testing and Prescription .... 3
General Electives ........................................ 14

Massage Therapy Option
MAS 110 Massage Structure and Function I ........................................ 2
MAS 112 Kinesiology and Palpation I ... 2
MAS 114 Massage: Business and Communication I ................... 3
MAS 116 Clinical Skills and Special Problems ................................ 3
MAS 119 Introduction to Massage Therapy ........................................ 1
MAS 131 Massage Therapy I: Swedish ... 2
MAS 132 Massage Therapy II: Integrative ........................................ 2
Electives (select from MAS courses) .......... 10

Wellness Coaching Option
CMM 128 Interviewing Practices .......... 3
PED 242 Philosophy of Coaching .......... 3
PSY 224 Theories of Personality .......... 3
General Electives ......................................... 16

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

Typical Jobs
• Corporate wellness professional
• Facility and program manager/director
• Health and Wellness Coach
• Personal fitness trainer
• Strength and conditioning specialist

Salary and Job Outlook
For the latest information, visit www.mynextmove.org or the Bureau of Labor Statistics online at www.bls.gov. Gainful employment data is available at www.clcillinois.edu/gainfulemployment.

Employers
• Corporations
• Health clubs
• Fitness or recreation centers
• Hospitals
• Schools
• Specialty studios
• Self-employed

Getting Started
If you satisfy the Program Entrance Requirements, visit www.clcillinois.edu/admission for steps on how to register.
The Personal Training certificate program is designed to provide students with the knowledge, skills, and experience necessary to seek out and maintain viable employment in the health and fitness industry. Curricula are aligned with the American College of Sports Medicine (ACSM) Certified Personal Trainer (CPT) Program. Students will also be encouraged to take the ACSM-CPT examination upon successful completion of program coursework.

BIO 111 Human Form and Function 
or
BIO 244 Anatomy and Physiology I and
BIO 245 Anatomy and Physiology II ...
HCM 175 Nutrition or
HWP 260 Sport and Exercise Nutrition ...
HWP 240 Contemporary Health Issues ...
HWP 257 Health and Wellness
Pedagogic ...
HWP 258 Health and Wellness
Pedagogic ...
PED 243 Theory and Practice
of Fitness ...
PED 228 First Aid/CPR ...
PED 270 Biomechanics
and Kinesiology ...
PED 271 Exercise Physiology ...
PED 272 Exercise Testing and
Prescription ...

Total Hours for Certificate ...

25-29

The Wellness Coaching certificate program is designed to provide students with an introduction to the field of wellness and life coaching. Successful completion of required coursework will assist students with preparation necessary to complete their national certification in wellness or life coaching. It will also enable students to utilize acquired knowledge and skills to enhance existing professional responsibilities.

CMM 128 Interviewing Practices ...
HWP 240 Contemporary Health Issues ...
HWP 257 Health and Wellness
Pedagogic ...
HWP 258 Health and Wellness
Pedagogic ...
HWP 290 Principles of Wellness
Coaching ...
PED 242 Philosophy of Coaching ...
PSY 121 Introduction to Psychology ...

Total Hours for Certificate ...

17

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 (Plan 21WA) and have already earned a B.S./B.A degree in any discipline automatically receive their Certified Wellness Practitioner (CWP) designation from NWI (fee applies).

Additionally, The Wellness Coaching Certificate Program and the AAS in HWP Degree-Wellness Coaching Specialization are Approved Transition Programs per the ICHWC’s (International Consortium for Health and Wellness Coaching) standards. As a result, health and wellness coaches who have met ICHWC’s requirements and completed the wellness coaching program will qualify to sit for the ICHWC national exam which launched in 2017 (www.ichwc.org)

“I have enjoyed this program immensely and have met some wonderful people along the way. This experience has certainly made a positive impact on my life. I hope to take my knowledge and make differences throughout my journey.”

- Kelly Nathaniel-Walls, who earned an Associates Degree in Health and Wellness Promotion in 2015.

- Marcelo Vega, psychology major who earned a wellness coaching certificate in 2014 and plans to become a life coach.