The 15-credit Post-Baccalaureate Certificate in Health and Wellness Coaching consists of the following courses and sequence. These courses also comprise the first 15 credits and first three trimesters of the M.A. Health and Wellness Coaching program.

Trimester 1

- APP606 Becoming a Healing Presence (3 cr)
- ISCI631 Complementary and Integrative Health (1.5 cr)
- COA605 Foundations of Healthy Lifestyles (1.5 cr)
- MUIH550 Introduction to Research Literacy (0 cr)
- MUIH500 MUIH Orientation (0 cr)

Trimester 2

- COA610 Fundamentals of Health and Wellness Coaching (3 cr)
- COA616 Theories and Principles of Behavior Change (3 cr)

Trimester 3

- COA620 Applied Healing Strategies (3 cr)
- COAPSA Practical Skills Assessment (0 cr)