

HEALTH AND WELLNESS PROMOTION

Biological and Health Sciences Division
Room B213, (847) 543-2042
www.clcillinois.edu/programs/hwp

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, 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). 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 A.A.S. in HWP who also possess a B.S./B.A. degree in any discipline qualify to receive the designation, Certified Wellness Practitioner (CWP) through NWI.

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

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 an Academic Success Advisor to identify coursework that will meet degree requirements.

FIRST SEMESTER	15
CLC 120 ^ College Success Seminar	[2]
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).



^ The credit for CLC 120, College Success Seminar, is an institutional requirement for graduation. It is not part of the program requirements but must be completed with a D or better.

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.

Continued on next page.

**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 an Academic Success Advisor to identify coursework that will meet degree requirements.

FIRST SEMESTER	11
CLC 120 ^ College Success Seminar	[2]
HWP 257 Health and Wellness Practicum	1
MAS 119 Introduction to Massage Therapy	1
BIO 111 Human Form and Function or	
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 or	
CMM 121 Fundamentals of Speech or	
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	
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.

^ **The credit for CLC 120, College Success Seminar, is an institutional requirement for graduation.** It is not part of the program requirements but must be completed with a D or better.

**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 an Academic Success Advisor to identify coursework that will meet degree requirements.

FIRST SEMESTER	13
CLC 120 ^ College Success Seminar	[2]
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 or Other elective	3
ENG 120 Technical Composition or	
ENG 121 English Composition I	3

SECOND SEMESTER	15
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	
CMM 123 Dynamics/Small Group Discussion	3
PSY 121 Introduction to Psychology	3

THIRD SEMESTER	16
HWP 299 Special Topics: Health and Wellness Promotion	3
HIT 111 Medical Terminology or other elective	3
CMM 128 Interviewing Practices	3
BIO 111 Human Form and Function or	
BIO 244* Anatomy and Physiology I	4
BUS 121 Introduction to Business	3

FOURTH SEMESTER	14
HWP 258 Health and Wellness Practicum II	1
KIN 228 First Aid/CPR	2
PHI 121 Introduction to Philosophy or	
PHI 125 Introduction to Ethics	3
PSY 224 Theories of Personality	3
CMM 127 Intercultural Communication or Other elective	3
ANT 121 Introduction to Anthropology or Other elective	3
KIN 160 Yoga I	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

^ **The credit for CLC 120, College Success Seminar, is an institutional requirement for graduation.** It is not part of the program requirements but must be completed with a D or better.

* 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).

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 an Academic Success Advisor or a faculty advisor for more information.

For more information on recommended courses or program specific advising, please contact department chair Joana Pabedinskas at (847) 543-2029 or the Biological and Health Sciences Division at (847) 543-2042.

HEALTH AND WELLNESS COACHING

Biological and Health Sciences Division
Room B213, (847) 543-2042
www.clcillinois.edu/programs/hwp

HEALTH AND WELLNESS COACHING (Certificate) Plan 21WC

The Health and Wellness Coaching certificate program is designed to provide students with the knowledge, skills, and abilities required to serve as a health and wellness coach. Successful completion of the required coursework will assist students in obtaining entry-level employment. It will also enable students to utilize a coaching approach in other professional and personal capacities. Many healthcare employers find job candidates who are cross-trained in health and wellness coaching to be highly desirable. The certificate program 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).

FIRST SEMESTER	10
CLC 120 ^ College Success Seminar	[2]
HWP 240 Contemporary Health Issues	3
HWP 257 Health and Wellness Practicum I	1
KIN 242 Philosophy of Coaching	3
HWP 290 Principles of Wellness Coaching	3
SECOND SEMESTER	7
HWP 258 Health and Wellness Practicum II	1
CMM 128 Interviewing Practices	3
PSY 121 Introduction to Psychology	3
Total Hours for Certificate	17

^ The credit for **CLC 120, College Success Seminar, is an institutional requirement for graduation.** It is not part of the program requirements but must be completed with a D or better.

For more information on recommended courses or program specific advising, please contact department chair Joana Pabedinskas at (847) 543-2029 or the Biological and Health Sciences Division at (847) 543-2042.





**HEALTH AND WELLNESS:
PERSONAL TRAINING**
Biological and Health Sciences Division
Room B213, (847) 543-2042
www.clcillinois.edu/programs/hwp

**PERSONAL TRAINING
(Certificate) Plan 21WB**

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.

FIRST SEMESTER		12
CLC 120 ^	College Success Seminar	[2]
HWP 257	Health and Wellness Practicum I	1
HWP 260	Sport and Exercise Nutrition	3
KIN 243	Theory and Practice of Fitness	2
KIN 270	Biomechanics and Kinesiology	3
KIN 271	Exercise Physiology	3
SECOND SEMESTER		13
KIN 272	Exercise Testing and Prescription	3
HWP 258	Health and Wellness Practicum II	1
KIN 228	First Aid/CPR	2
HWP 240	Contemporary Health Issues	3
BIO 111	Human Form and Function or	
BIO 244*	Anatomy and Physiology I	4
THIRD SEMESTER		4
BIO 245*	Anatomy and Physiology II	4

* These are preferred courses for students planning to transfer to a 4 year institution.

Total Hours for Certificate **25-29**

^ The credit for CLC 120, College Success Seminar, is an institutional requirement for graduation. It is not part of the program requirements but must be completed with a D or better.

* 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.)

For more information on recommended courses or program specific advising, please contact department chair Joana Pabedinskas at (847) 543-2029 or the Biological and Health Sciences Division at (847) 543-2042.