Wellcoaches Corporation: Provider of Professional Development and Continuing Education for the Experienced Health and Wellness Professional

Wellcoaches Corporation, the American College of Sports Medicine, and our growing community of coaches, are setting the gold standard and building the foundation to bring health, fitness, and wellness coaching to a large scale.

We combine the power of coaching competencies, grounded in evidence-based coaching psychology, and technology to mobilize the best coaches available to help people improve their health, fitness, and wellness. Together, we make a significant contribution in some of the toughest challenges of our times – the epidemics of obesity, sedentary lifestyles, stress, depression, poor nutrition, and ever-rising healthcare costs. We have established the gold standard in health, fitness, and wellness coaching skills, practices, content, technology, and marketing for experienced Health and Wellness professionals.

Health and Wellness Coach Training: Requirements for Entry into the Coach Training Program

To be eligible to participate in the core Health and Wellness Coach Training Program, applicants must provide proof of one of the following:

1. A Bachelor’s Degree, or higher, in any of the following health and wellness areas of study:
   
   Athletic Training  
   Community Health  
   Chiropractic  
   Counseling  
   Dentistry  
   Dental Hygiene  
   Dietetics  
   Ergonomics  
   Exercise Physiology  
   Exercise Science  
   Fitness  
   Gerontology  
   Health Behavior Management  
   Health Education  
   Health Promotion  
   Health Psychology  
   Health Science  
   Human Performance
2. A license, or license equivalent, related to any of the above named areas of study, including the following health professionals:

Licensed Acupuncturist
Licensed Dietitian/Registered Dietitian
Licensed Physical Therapy Assistant
Certified Dental Assistant
Certified Medical Assistant
Certified Professional Midwife
Certified Occupational Therapy Assistant
Certified Pharmacy Technician
Certified Dental Assistant
LVN/LPN
NREMT-First Responder
NREMT-Intermediate/85 or NREMT-Paramedic
Registered Nurse
Registered Respiratory Therapist

3. A Bachelor’s degree, or higher, in an area of study unrelated to health and wellness and a certification in any of the following:

- Academy of Applied Personal Training Education: Certified Personal Fitness Trainer
- American College of Sports Medicine: Certified Personal Trainer, Certified Clinical Exercise Specialist, Certified Health/Fitness Specialist, Registered Clinical Exercise Physiologist, Group Exercise Facilitator, Certified Cancer Exercise Trainer, Certified Inclusive Fitness Trainer, Physical Activity in Public Health Specialist
- American Council on Exercise: Advanced Health and Fitness Specialist, Group Fitness Instructor, Lifestyle and Weight Management COACH, Personal Trainer
- The Cooper Institute: Personal Trainer Certification
- International Fitness Professionals Association: Certified Personal Fitness Trainer
- National Academy of Sports Medicine: Certified Personal Trainer
- National Council for Certified Personal Trainers: Certified Personal Trainer
- National Council on Strength and Fitness: National Certified Personal Trainer
- National Exercise and Sports Trainers Association: Certified Personal Fitness Trainer, Personal Trainer Certification, Group Exercise
- National Federation of Professional Trainers: Certified Personal Fitness Trainer
- National Personal Training Institute: Certified Personal Trainer
- National Strength and Conditioning Association (NSCA): Certified Personal Trainer, Certified Strength and Conditioning Specialist
- Training and Wellness Certification Commission: Advanced Certified Personal Trainer
- 200-hour certified Yoga Alliance instructor

* Fitness Certifications are approved National Commission for Certifying Agencies (NCCA)

4. A certification in any of the following, and a minimum of 2,000 hours of work experience in the field, with individuals or groups:

- Academy of Applied Personal Training Education: Certified Personal Fitness Trainer
- American College of Sports Medicine: Certified Personal Trainer, Certified Clinical Exercise Specialist, Certified Health/Fitness Specialist, Registered Clinical Exercise Physiologist, Group Exercise Facilitator, Certified Cancer Exercise Trainer, Certified Inclusive Fitness Trainer, Physical Activity in Public Health Specialist
- American Council on Exercise: Advanced Health and Fitness Specialist, Group Fitness Instructor, Lifestyle and Weight Management COACH, Personal Trainer
- The Cooper Institute: Personal Trainer Certification
- International Fitness Professionals Association: Certified Personal Fitness Trainer
- National Academy of Sports Medicine: Certified Personal Trainer
- National Council for Certified Personal Trainers: Certified Personal Trainer
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- National Council on Strength and Fitness: National Certified Personal Trainer
- National Exercise and Sports Trainers Association: Certified Personal Fitness Trainer,
- National Exercise Trainers Association: Personal Trainer Certification, Group Exercise
- National Federation of Professional Trainers: Certified Personal Fitness Trainer
- National Personal Training Institute: Certified Personal Trainer
- National Strength and Conditioning Association (NSCA): Certified Personal Trainer, Certified
  Strength and Conditioning Specialist
- Smart University Fitness Online: Certified Personal Trainer
- Training and Wellness Certification Commission: Advanced Certified Personal Trainer
- 200-hour Registered Yoga Alliance instructor (RYT)

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Requirements for Entry: Submission Procedure

Wellcoaches follows the American College of Sports Medicine’s protocol for prerequisite verification. Proof of required prerequisites must be provided via signed certified copy, in electronic form, within 7 days of the course start date. If your prerequisite is based on #4 above, an approved certification and 2,000 work experience, please provide proof of certification and a resume with your employer contact information.

Students may provide proof one of the following ways:
1. Via email to one’s assigned Coach Concierge
2. Via the Trainee Home page (made available upon registration) on the « Proof of Prerequisites » tab

As the health and wellness field is ever-changing, there may be circumstances in which your qualifications are not listed above. If this is the case, and you would like to request a review of your education and experience, you must [complete this request form](#) to be considered for a waiver. If approved, Wellcoaches will grant a waiver number, which will need to be provided during the registration process as proof of acceptance.

Requirements for Entry: Refund Policy

If proof of prerequisites is not provided within 7 days of the course start date, the student will be removed from the training roster and 50% refund of paid fees will be provided.
Wellcoaches Corporation: Provides a Health and Wellness Coach Certification for the Experienced Health and Wellness Professional

The Wellcoaches Health and Wellness Coach Training Program is the first step to becoming a Wellcoaches Certified Health and Wellness Coach.

Following the successful completion of the core Training program, Trainees are eligible to apply for the Health and Wellness Coach Certification.

Certification includes several steps:

1. Payment of Certification Fee ($495)
2. The successful completion of a written and oral exam
3. Submission of a Wellness Vision and goal for a practice client
4. Submission of a personal Wellness Vision

Please see the Certification Handbook for additional details and certification payment links.