



health and wellness coach

LEARN MORE

SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

about this programme



60 Credits

A holistic, life changing health and wellness course for you and your clients combining the latest research with conventional wisdom.

Are you interested in coaching health and wellness? We will provide you with the first steps in getting there. This course will challenge you to engage and apply basic health psychology and health promotion theories and best practices. Our nutrition section will broaden your thinking of functional foods and it will influence your current beliefs of nutrition as part of a holistic approach to well being. You will be equipped to manage, build, and promote your wellness business with relevant and current theories and ideas. During this learning journey, you will not only gain practical knowledge and skills but will be part of a transformative process of change within yourself, and leading change for others.



60 credits (eta awarded)



6 months
(8 weeks per course)



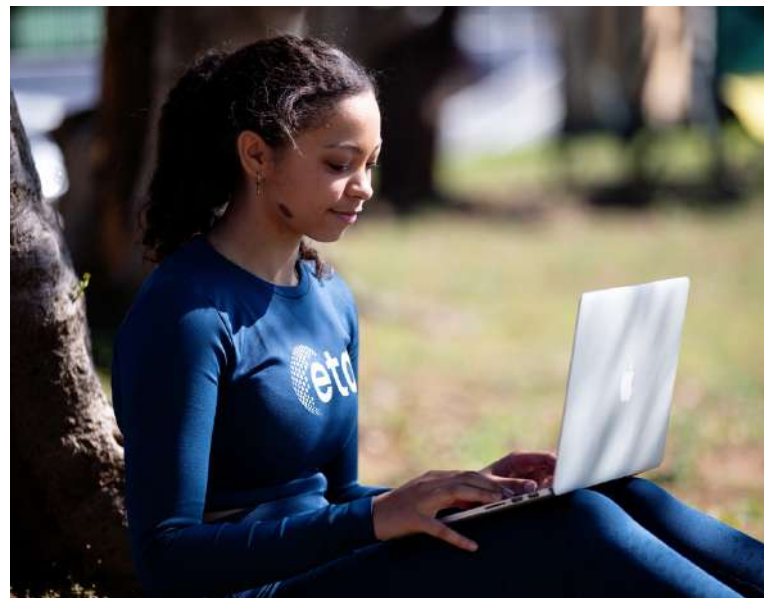
R12 500



Self-directed learning ,but supported by an online tutor



There are no admission criteria to the programme.



REGISTER NOW



how will this qualification help differentiate yourself?



You would like to enter a career in the health and wellness industry and have the ability to support clients in transforming their health.



You would like to gain a basic-level understanding of health and wellness for yourself. It is particularly beneficial for fitness professionals looking to enhance their understanding and extend their scope of practice to include wellness in their offerings to their clients.



You are passionate about health and wellness and want to build or improve your health and wellness practice. You also want to help introduce real improvement to your clients lifestyle.

AFTER COMPLETING THIS PROGRAMME YOU'LL BE CONFIDENT IN YOUR ABILITY TO:

- Apply knowledge of health psychology and promotion theories and practice
- Apply knowledge of health and wellness coaching best practices and interventions
- Apply knowledge of nutrition for healthy living
- Apply knowledge of managing and promoting a health and wellness business

what will you learn on this programme?

See the Courses included in this programme:

**COURSE 1:
PSYCHOLOGY AND HEALTH PROMOTION THEORIES AND PRACTICE**

**COURSE 2:
HEALTH AND WELLNESS COACHING BEST PRACTICES AND
INTERVENTIONS**

**COURSE 3:
NUTRITION FOR HEALTHY LIVING**

**COURSE 4:
MANAGING AND PROMOTING A HEALTH AND WELLNESS BUSINESS**



NOT QUITE WHAT YOU'RE LOOKING FOR?

Other students found the following programmes relevant to their career goals:

RYT 200
YOGA
INSTRUCTOR



GROUP
EXERCISE
INSTRUCTOR:
PILATES



PERSONAL
TRAINER



CONTACT US:

Complete an online enquiry form

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