

### Prerequisites for the “Core Coach Training” Program

Wellcoaches Core Coach Training program is designed to provide experienced professionals with the additional knowledge, skills and tools needed to support clients and patients in making healthy behavior changes. Our Core Coach Training program is open to anyone with:

1. An Associate's Degree or higher
2. A license, or license equivalent, including the following health professionals:

Certified Case Manager	Licensed Physical Therapy Assistant
Certified Dental Assistant	LVN/LPN
Certified Health Education Specialist	Medical Doctor
Certified Medical Assistant	NREMT-First Responder
Certified Professional Midwife	NREMT-Intermediate/85 or NREMT-Paramedic
Certified Occupational Therapy Assistant	Registered Dietitian
Certified Pharmacy Technician	Registered Nurse
Certified Recreational Therapist	Registered Holistic Nurse
Certified Dental Assistant	Registered Respiratory Therapist
Licensed Acupuncturist	

3. 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  
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)

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

### **Prerequisites for Wellcoaches Certification**

The Core Coach Training program leads to two options for Certification:

1. Certified Health and Wellness Coach
2. Certified Personal Coach

To be eligible for Wellcoaches Certification, applicants provide proof of acceptable prerequisites upon application for Certification.

### **Pathways to Certified Health and Wellness Coach Designation**

1. An Bachelor's Degree or higher in any of the following health and wellness areas of study:

Athletic Training	Neuroscience
Community Health	Nursing
Chiropractic	Nurse Practitioner
Counseling	Nutrition
Dentistry	Nutrition (Holistic)
Dental Hygiene	Occupational Therapy
Dietetics	Optometry
Ergonomics	Pharmacy
Exercise Physiology	Physical Education
Exercise Science	Physical Therapy
Fitness	Physician Assistant
Gerontology	Physiology
Health Behavior Management	Positive Psychology
Health Education	Psychology
Health - Holistic	Public Health
Health Promotion	Recreation
Health Psychology	Rehabilitation
Health Science	Respiratory Therapy
Health Studies	Social work
Healthcare Management	Sociology
Human Performance	

Kinesiology/Kinesiotherapy Medical Doctor (MD)	Speech Pathology Sports Psychology Sports Management Therapeutic Recreation/Recreational Therapy Wellness
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2. A license, or license equivalent, related to any of the above named areas of study, including the following health professionals:

Certified Case Manager Certified Dental Assistant Certified Health Education Specialist Certified Medical Assistant Certified Professional Midwife Certified Occupational Therapy Assistant Certified Pharmacy Technician Certified Recreational Therapist Certified Dental Assistant Licensed Acupuncturist	Licensed Physical Therapy Assistant LVN/LPN Medical Doctor NREMT-First Responder NREMT-Intermediate/85 or NREMT-Paramedic Registered Dietitian Registered Nurse Registered Holistic Nurse Registered Respiratory Therapist
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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,
- 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
- Training and Wellness Certification Commission Advanced Certified Personal Trainer
- 200-hour certified Yoga Alliance instructor

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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
- 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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### **Pathways to Certified Personal Coach Designation**

To be eligible to be granted the “Certified Personal Coach” designation, applicants must provide proof of an Associate’s degree or higher in any field.

## Submission Procedure for Prerequisites for Certification

Wellcoaches follows the American College of Sports Medicine's protocol for prerequisite verification. Proof of required prerequisites must be provided via signed certified copy, before Certification can be granted. 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 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.*