

BRUNSWICK COMMUNITY COLLEGE

Changing Lives: Health Coach Certification

The time has come to forge a new path and new frontier. The health and fitness industries are at an important crossroads. Never before have we known so much about how to manipulate training parameters to elicit maximal physiological responses from the bodies we are training. At the same time, the number of inactive, unhealthy, and overweight people is increasing at an alarming rate. For years we have been trying to encourage those on the road to "obesity and inactivity" to change directions and take the road less traveled path built on evidence-based fitness programming and nutrition education.

How to Become a Health Coach

The ACE Health Coach certification is designed to determine if candidates meet established competency levels to practice as safe and effective health coaches. The ACE Health Coach exam was created to assess the core competencies required of a coach, working independently and with other professionals, to help a wide variety of individuals and groups to adopt structured behavioral-change programs that focus on lifestyle and weight management through physical activity, nutrition and education necessary to improve and maintain health, fitness, weight, body composition and metabolism. It is important to note that the ACE Health Coach certification is the only NCCA-accredited certification program in the health coaching profession.

To register, call 910-755-7408

Online Course – August 25 – December 8, 2014

The course is self-paced, and may be accessed any time 24 hours a day, 7 days a week. The instructor is available any time via questions posted on the course wiki or by email.

Check us out at: <http://www.brunswickcc.edu/continuing-education/fitness-programs>

Registration fee \$ 374.00

ACE Certification Exam included in registration fee

Health Coach Manual \$ 55.96 plus tax

Health Coach Study Guide \$ 23.96 plus tax

Call ACE at 800-825-3636 Ext. 785 to order your books and study guide for the course



To sit for the ACE Health Coach Certification Exam, you must:

- Be 18 years old
- Have a current government-issued ID with photo and signature
- Hold a current adult CPR/AED certificate prior to registering for the exam
- Submit supporting documentation for one of the following:
 - An NCCA- accredited certification in fitness, nutrition, health care, wellness, human resources or a related field