

Rules and Specifications for the Introduction to Wellness Coaching Credit by Exam and Skills Demonstration

- Introduction to Wellness Coaching is an introductory course to health coaching. The course introduces broad competencies in the field of health and wellness coaching. Focus is on understanding key competencies and demonstrating the skill in coaching sessions. Being able to comprehend the skill and demonstrate it in a coaching session is the theme of the course.
- Emphasis is placed on demonstrating the competencies not just learning them.

Part 1: Credit by Exam

- The exam consists of 50 questions. These questions closely resemble the questions given on assessments throughout the semester and represent all of the course competencies.
- Your exam will be proctored in an approved testing facility. Several exam testing locations are available through NWTC. The person supervising your exam will not be a Wellness & Health Promotion faculty member, and will not be able to answer any content related questions.
- You will have 3 hours to complete the exam. On average, it should not take you more than 45 minutes to 1 hour.
- You will not need any resources during the exam other than the testing computer.
- You are required to score 80% or better on this exam to proceed to the skills demonstration portion of the assessment. This means you will need at least 24 correct answers. The exam will self-grade in Blackboard and you will see your result right away.

Part 2: Skills Demonstration

- The skills demonstration will consist of a 20-minute health coaching session to demonstrate your skills in the field.
- The demonstration will take place on the Green Bay campus in room HS408A of the Health Sciences & Education building and will be proctored by a Wellness & health Promotion faculty member.
- You will have to recruit a client to coach and bring with you to the exam (you can know this person, or it can be someone you don't know). They should not be an expert in the field of health coaching.
- You will be able to bring resources into the exam such as a coaching agreement, action plan, educational resources and notetaking supplies. The room will offer chairs, tables, some health and wellness equipment, and a marker board.
- You are required to score 80% or better on this portion to receive credit for the course. This means you need to gain at least 80 points as graded by the exam proctor.

If you have any questions, please reach out to the Credit for Prior Learning coordinator.

Good luck!