



Department of Educational Studies

Wellness Certificate (WELLNSS-CR)

The College of Education and Human Ecology in collaboration with the College of Nursing is excited to present the creation of a certificate in Wellness specifically designed for Ohio State undergraduate students. This certificate will allow undergraduates to engage in a rigorous, structured exploration of theories and practices of wellness (self and discipline specific) while developing skills and experience that will enable them to become more reflective, wellness-focused professionals as they prepare to enter any career.

College of Education and Human Ecology
Undergraduate Student Services
A100 PAES Building, 305 Annie & John Glenn Ave
Columbus, OH 43210
614-292-9261 <http://ehe.osu.edu/>

The undergraduate certificate in Wellness consists of 12 credit hours. This certificate will enable a student to achieve an enhanced state of optimal well-being, happiness, and resiliency that will ultimately be emulated in their profession.

Required Courses (9 credit hours):

- **ESCE 5271** Wellness: Achieving a Healthy Lifestyle – 3 hrs
- **ESCE 5272** Wellness: Intervention – 3 hrs
- **Nursing 2102** Optimizing Personal Health, Happiness & Well-being – 3 hrs

Elective Courses (3 credit hours):

- **HTHRSC 3400** Health Promotion and Disease Prevention – 3 hrs
- **HTHRSC 4570** The Role of Integrative Medicine – 3 hrs
- **HWIH 2110** Health Athlete – 1 hr
- **HWIH 2210** Dimensions of Wellness and Resilience – 3 hrs
- **KNHES 2990** Movement is Medicine – 3 hrs
- **KNHES 4525** Promoting Behavior Change in Sport, Leisure, and Exercise – 3 hrs
- **KNHES 5652** Worksite Health Promotion – 3 hrs
- **KNHES 5703** Health Behavior Theory – 3 hrs
- **PUBHHBP 3510** Role of Behavior in Public Health – 3 hrs
- **SOCWORK 5013** Integrative Body-Mind-Spirit – 2 hrs

Wellness certificate program guidelines:

Eligible Candidates

Any Ohio State student currently enrolled in an academic program is eligible to complete the Wellness certificate

Required for Graduation

No

Course Delivery

Course can be delivered in face-to-face, hybrid and online. For further information about course delivery in a specific semester, contact the Educational Studies Student Services Office (edstudies@osu.edu; 614-688-4007)

Credit Hours Required

A minimum of 12 credit hours

Transfer credit

All courses must be taken at Ohio State

Credit Overlap Between Certificate and Degree Program

Maximum of 50% overlap of the credits required for the academic certificate

Grades required

Minimum C grade required for all courses to count towards the certificate