

Department of Educational Studies

Undergraduate Certificate in Wellness

College of Education and Human Ecology
Department of Educational Studies
Undergraduate Student Services
A100 PAES Building, 305 W. 17th Ave Columbus, OH
43210; 614-292-9261 ehe.osu.edu

This certificate is designed to help Ohio State undergraduates understand and apply the theory, research, and practice of Wellness as a healthcare paradigm.

Upon completion of this certificate, students will be able to:

- Discuss Wellness theory.
- Develop goal and treatment approaches for individuals from a Wellness orientation.
- Apply Wellness approaches in practice.

Part A – Required courses (9 credits):

ESCE 5271: Wellness: Achieving a Healthy Lifestyle
ESCE 5272: Wellness: Intervention
Nursing 2102: Five to Thrive for Healthy Lifestyles

Part B – Supporting courses (select 1)

PUBHHBP 3510: Role of Behavior in Public Health (3)
SOCWORK 5013: Integrative Body-Mind-Spirit (2)
Nursing 2210: Dimensions of Wellness and Resilience (3)
Nursing 2110: Health Athlete (1)
KNHES 4525: Promoting Behavior Change in Sport, Leisure, and Exercise (3)
KNHES 2990 Movement is Medicine (3)
KNHES 5703 Health Behavior Theory (3)
KNHES 5652 Worksite Health Promotion (3)
KNSFHP 1103: Intro to Health & Wellness in American Society (2)
HTHRSC 3400: Health Promo and Disease Prevention (3)
HTHRSC 4570: The Role of Integrative Medicine (3)

Eligible candidates

Any Ohio State student currently enrolled in an academic program is eligible to apply.

How to Apply

Potential candidates should complete the required application

Course Delivery

Course can be delivered in face-to-face, hybrid and online mode. For further information about course delivery in a specific semester, contact the department.

Credit hours required

A minimum of 12 credit hrs.

Completion of certificate

- Completion of all coursework, with 100% of the credit hours unique to the certificate and not used toward any other major, minor or certificate program.
- A cumulative graduate GPA of at least a 3.0

College of Education and Human Ecology
Office of Academic Affairs
458 PAES Building
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