

ASACR 5

Office of the President
February 20, 2026

Members, Board of Trustees:

UNDERGRADUATE CERTIFICATE: COLLEGE OF EDUCATION

Recommendation: that the Board of Trustees approve the establishment of an undergraduate certificate in Health and Wellness Coaching in the College of Education.

Background: The proposed certificate in Health and Wellness Coaching addresses a need for improved health outcomes among college students and in Kentucky. The certificate will provide students with an innovative opportunity to gain practical, interdisciplinary experience in health promotion, wellness coaching and behavior change. Upon completing the certificate, students will be eligible to sit for the National Board-Certified Health and Wellness Coaches Exam.

The proposed undergraduate certificate has been recommended to the Provost by the College of Education faculty given their expertise within their respective disciplines. The Provost of the University supports the program faculty's recommendation.

Action taken: ☒ Approved ☐ Disapproved ☐ Other _____