

The Science of Health Promotion & Disease Prevention



Offered as a 2-day course on-site or 5 weeks online

Erickson's first course is specifically oriented at providing you with scientific insight into promoting health and well-being, supporting healing, and preventing diseases. The course is designed to empower you with key data from neuroscience and biomedical sciences for building an effective health coaching practice.

By taking The Science of Health Promotion & Disease Prevention course, you will develop a solid working familiarity with current evidence-based recommendations provided by international medical societies and public health groups such as the Center for Disease Control and National Institutes of Health. You will learn key information relevant to health coaching practice from guidelines and recommendations that fall in the areas of health promotion, disease prevention, and lifestyle medicine.

By taking the Science of Health Promotion & Disease Prevention course, you will:

- Widen your knowledge from the perspective of modern medical science, neuroscience, integrative healthcare, and the whole person's perspective
- Discover and learn the scientific information informing your health coaching practice
- Learn to identify risk factors for chronic disease and recognize the potential imminent danger and medical red flags
- Expand your understanding of when and how to refer your client to another health care professional
- Discover and learn how data from neuroscience support your health coaching practice
- Gain skills to develop programs supporting health-promoting behavior in the long-run
- Learn biomedical information about the inner capacity for health and well-being in the team members and clients
- Deepen scientific knowledge about managing stress and challenging situations at a workplace
- Support professional results by merging the people's quest for personal health and well-being with the vision and values of the health provider
- Learn biomedical information about the risk of burnout in healthcare and modes of its prevention

Prerequisites:

- The Art & Science of Coaching Module I

Who is it for?

This program is for aspiring health coaches - persons aiming to develop their coaching niche around health & wellness including learners with no previous education or training in the health and wellness arena, and learners with previous training in various helping healthcare professions: nurses, physiotherapists, dietitians, consultants, counsellors, yoga or fitness trainers, etc.

For more details call 1-800-665-6949 or visit online: erickson.edu/art-science-health-coaching

erickson.edu

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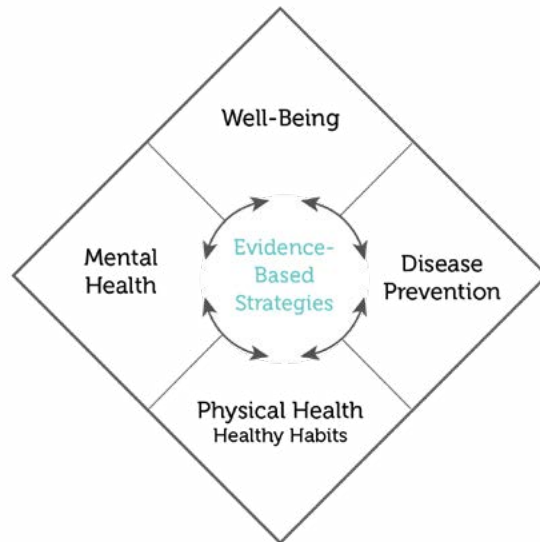


Erickson Coaching International

Why The Science of Health Promotion & Disease Prevention?

Health coaching is defined as a practice of health education and health promotion within a coaching context, to enhance the well-being of individuals, and to facilitate the achievement of their health-related goals. Thus, the health coaching profession requires that the health coach can identify risk factors for chronic disease, becomes familiar with commonly used biometric measures, and current lifestyle recommendations for optimizing health. An important focus for the coach is to recognize the potential imminent danger and medical red flags and to know when and how to refer to another health care professional.

By taking this course, you will acquire working familiarity with current evidence-based recommendations provided by medical expert groups relevant to your health coaching practice in four key areas:



You will also learn key data from neuroscience that will inform and empower your practice. The Course contains extensive information in the following areas:

Health, health promotion, and disease prevention, applying a whole person perspective

- Wellness & well-being concepts

Health behaviors, social and behavioral risk factors

- Optimal nutrition & hydration; healthy weight
- Physical activity, sedentary lifestyle
- Sleep
- Mental well-being
- Avoiding tobacco use and substance abuse

Chronic Diseases

- Blood pressure – Hypertension - Prehypertension
- Diabetes - Pre-diabetes
- Cardiovascular diseases
- Metabolic syndrome; Overweight & Obesity; Lipid abnormalities
- Mental ill-health
- Stress
- Inflammatory diseases

The Course also teaches you how to utilize the acquired knowledge in your coaching practice and how to build health-promoting coaching programs for various niches within the health coaching practice.

The Science of Health Promotion & Disease Prevention course curriculum is divided into four levels:

Level 1: Understanding Health & Wellness

The first Level of this information-based educational course is designed to highlight the role of medical science in formulating recommendations and guidelines for health promotion and disease prevention. You will learn key scientific concepts of health and well-being, the 'Illness-Wellness Continuum' and well-being indices. You will discover how to promote the knowledge of the links between planetary and human health. Finally, you will explore and how to use the understanding of health and well-being concepts in your health coaching practice.

Level 2: Supporting Health-Promoting Behavior

This Level will empower you with a detailed understanding of internationally accepted key medical recommendations for healthy nutrition, based on guidelines designed by health authorities and scientists. You will also gain deep insight into national and international recommendations for physical activity and will learn an innovative coach approach assisting clients to acquire and sustain healthy habits. of ways how to incorporate this knowledge into your health coaching practice.

Level 3: Building Mental Health & Well-Being

After studying recommendations for health-promoting nutrition and physical activity, you will learn key biomedical information on how sleep hygiene and relaxation or meditation practices support mental health. You will recognize associations between inadequate sleep and chronic conditions and principles of sleep hygiene. You will also expand your insight on how health coaches build-in various relaxation and meditation practices in their practice.

Level 4: Addressing Chronic Conditions

This Level is designed to provide you with an understanding of key biomedical information on chronic non-communicable conditions, namely obesity, metabolic syndrome, diabetes, atherosclerosis, heart attack, and stroke. You will learn to recognize warning signs of acute worsening of these conditions. Also, you will expand your skills to creatively use and apply relevant knowledge regarding health-promoting behavior in supporting cardiovascular, metabolic, and immune system health.