

## INSTITUTE FOR INTEGRATIVE NUTRITION HEALTH COACH/ADVANCED BUSINESS CORE PROGRAM Bachelor of Science in Liberal Arts

This program plan outlines how students may apply their Institute for Integrative Nutrition Health Coach/Advanced Business Core Program to Excelsior University's B.S. in Liberal Arts degree program.

This is only a guide in how credits will transfer into an Excelsior University degree program.

**Actual transferability of credits are dependent upon current Excelsior University degree requirements and policies upon the date a student is admitted to the college.** All students will be reviewed individually as it relates to the transferability of credits into an Excelsior University degree program.

**Revision: August 2022**

Institute for Integrative Nutrition	Semester Hours	Excelsior University Requirements	Semester Hours	
<b>Health Coach Training Program:</b>				
Health and Nutrition	6	Applied Professional Elective	6	
Wellness	3	Applied Professional Elective	3	
Wellness Practicum	1	Applied Professional Elective	1	
Contemporary Health Issues	3	Applied Professional Elective	3	
Wellness Coaching	6	Applied Professional Elective	6	
Small Business Management	3	Applied Professional Elective	3	
Interpersonal Communication	3	Humanities Requirement	3	
Coaching and Interviewing Practicum	4	Applied Professional Elective	4	
<b>Advanced Business Core:</b>				
Professional Selling	3	Applied Professional Elective (UL)	3	
Market Communication	3	Applied Professional Elective (UL)	3	
Coaching	3	Applied Professional Elective (UL)	3	
Marketing Practicum	2	Applied Professional Elective (UL)	2	
<b>TOTAL CREDITS REQUIRED</b>		<b>40</b>	<b>TOTAL CREDITS ACCEPTED</b>	
		<b>40</b>		

\* Applied Professional refers to Arts & Sciences as well as other degree level coursework (e.g., Business, Computer Science, Education, etc.).

Credits To Be Taken With Excelsior University	
<b>EXCELSIOR COLLEGE CREDIT REQUIREMENTS</b>	
INL 102: Information Literacy *	1
IND 301: Cornerstone B (Pathways) *	3
English Composition	3
Composition II	3
Ethics	3
Humanities Electives	6
Social Sciences Elective	9
Natural Sciences Electives	3
Mathematics Electives	3
Natural Sciences/Mathematics Electives	3
Applied Professional OR Arts & Sciences Electives	22
Upper Level Arts & Sciences	18
BUS 498: Liberal Arts Capstone *	3
<b>TOTAL CREDITS</b>	
<b>80</b>	

EVALUATION SUMMARY	Semester Hours
Credits Accepted from Institute for Integrative Nutrition	40
Credits To Be Taken With Excelsior *	80
<b>TOTAL CREDITS REQUIRED</b>	
<b>120</b>	

\* All credits with the exception of the cornerstone, information literacy, and capstone may be transferred into Excelsior University degree program from other sources of credit.

\* This guide is only a sample scenario. Excelsior University reviews each student individually and actual requirements needed will depend on what a student has already completed and will transfer in.

\* Excelsior University's BS in Liberal Arts program requires students complete a minimum of 12 credits in any two different arts and sciences distribution areas and 9 in the remaining distribution area: humanities, social sciences/history, and natural science/mathematics.



## What are Arts & Sciences?

### Humanities

Humanities subjects focus on developing knowledge and skills in critical reading, logical thought, and esthetic appreciation.  
Here are some subject areas typically classified as Humanities:

*Art, Philosophy, Music, Foreign Language, Literature, Theater, Ethics, Speech, Religion, Communication*

### Social Sciences and History

Social Sciences and History subjects focus on individuals and society and the processes individuals use to order their world.  
Here are some subject areas typically classified as Social Sciences and History:

*Psychology, Economics, Sociology, Geography, Political Science, History, Anthropology*

### Natural Sciences and Mathematics

Natural Sciences and Mathematics subjects focus on understanding the natural world and problem-solving processes.  
Here are some subject areas typically classified as Natural Sciences and Mathematics:

*Anatomy and Physiology, College Algebra, Microbiology, Calculus, Chemistry, Genetics, Biology, Physics*