

# HEALTH AND WELLNESS (HLTH)

A micro-credential is a Cambrian College Board of Governor's level certification awarded at Convocation. The Health and Wellness Certificate of Completion is currently being offered to students who are taking a two-year diploma program, a three-year advanced diploma program or as a stand-alone certificate.

The Health and Wellness Micro-Certificate courses focus on holistic health, including physical, mental, emotional, and spiritual wellness. Each course has been designed to support a students' personal growth and personal well-being by focusing on the various facets of health and well-being.

## Current Postsecondary Students

Students currently enrolled in a postsecondary program at Cambrian College may take this micro-credential concurrently with their diploma program.

Whenever there is a General Education course within their program, students seeking the micro-credential should elect to take one of the four Health and Wellness courses. Since each program requires three General Education courses, students must enroll in one additional course (with applicable tuition and other fees), whether as an overload or through an off-stream term. Students will apply to graduate for the micro-credential upon completion.

For further information, please get in touch with your program coordinator or Bradie Granger, Chair, Schools of Interdisciplinary Studies and Public Safety.

### Continuing Education Students

Individuals can complete this micro-credential as a standalone certificate on a part-time basis. Those interested in pursuing the certificate should use the following link to **SIGN UP** for the program. Our General Education Electives (<https://cambriancollege.ca/general-education-electives/>) page will provide a list of available courses for each term to help you plan your path to completion.

Once you have signed up for the program, please use the following link to **REGISTER NOW** for your course(s).

## Certificate requirements

In order to obtain the Certificate of Completion, any **four** of the following courses must be completed:

Students must successfully complete any **four** of the following courses to be eligible for the Certificate of Completion:

Code	Title	Credits
FIT 1115	Health & Wellness	3
HEA 1307	Spiritual Wellness	3
HEA 1065	Environmental Wellness	3
HEA 1070	Becoming the Best You	3
PSY 1012	Addictions and Mental Health	3
PSY 1070	Building Your Best Brain	3
PSY 1125	Positive Psychology	3
SCI 1001	Human Sexuality	3

Please see our General Education Electives (<https://cambriancollege.ca/general-education-electives/>) page for the list of available courses for each semester.

## Course delivery

Please visit Cambrian College's eStore (<https://cambrian.estore.flywire.com/products/?storeCatalog=10752>) to see which courses from this program are available for registration at this time.

Courses are delivered asynchronously online. This means you do not have to log in at a specific day or time to complete your coursework. However, you are responsible for meeting all course due dates as posted within the course. Most courses will have weekly modules or assignments to complete. We recommend that students budget a minimum of 5 hours per week per 3-credit course they are taking online to be successful.

**Important Note:** Cambrian College reserves the right to cancel the offering of courses in certain terms.

## Register Now

### Contacts

**Bradie Granger**  
Chair, School of General Studies  
705-566-8101, ext 6435  
[bradie.granger@cambriancollege.ca](mailto:bradie.granger@cambriancollege.ca)