

Hill College Holistic Wellness Pathway

Frequently Asked Questions

Revised October 2021

1. Do I have to get the biology degree?

No. Students can take the 4-6 holistic courses without obtaining the degree.* The National Board for Health and Wellness Coaching (NBHWC) requires an associate degree, but if you have a previous degree (in any major) or two years' work experience (in any field) that will count. If you are not interested in sitting for the NBHWC coaching board exam, then you do not need a degree. If you plan to transfer to a 4-yr college to pursue a higher-level degree in this field, you should choose the associate degree option. Students planning to utilize federal financial aid, scholarships, or veteran benefits must be degree seeking and meet all admissions and residency requirements. See Hill College Admissions webpage (https://www.hillcollege.edu/Admissions_Aid/Admissions/Adm_index.html)

*Both students planning to pursue courses as degree or non-degree seeking are required to provide proof of college readiness per the Texas Success Initiative (<https://www.hillcollege.edu/Student/Advising/TxSuccessIn.html>).

2. Which “option” should I choose?

The options on the website are intended to inform students of their options if they pursue a degree or not depending on previous experience and which boards they plan to sit. When completing the application for admission to Hill College via www.applytx.org, you will choose either “degree seeking, Biology major” or “non-degree seeking.”

- If you already have an associate, baccalaureate, or master degree, you don't need an additional degree.
- If you plan to sit for the coaching board and have 2 years work experience, you don't need a degree.
- If you don't plan to sit for the coaching board, you don't need a degree.
- If you don't want advanced herbal training, you can take just the first 4 courses.

3. Can I take classes as Continuing Education? What are the pros of that option?

Students can enroll in 3 of the 6 courses through Continuing Education (CE). CE courses are a great way to determine if the holistic wellness program is for you. CE courses do not require proof of college readiness. Students who choose to enroll via Continuing Education and then switch to semester credit hours (SCH), will have to apply for admission and meet Texas Success Initiative requirements. Coursework completed via Continuing Education can be petitioned for semester credit hours through the Evaluation of Credit process (https://www.hillcollege.edu/Admissions_Aid/Admissions/Eval-of-Credit.html).

4. How much does the program cost?

Hill College tuition rates can be found on the Hill College Business Office webpage (<https://www.hillcollege.edu/Business/Tuition-Fees/CLF.html>). Tuition and fees are charged per term. Payment is due at the time of registration. The Holistic Wellness pathway courses equal 19 semester credit hours and are subdivided below per the suggested

semester outline:

- Semester 1:
 - BIOL1322: 3 SCH
 - BIOL2289: 2 SCH
- Semester 2:
 - BIOL1323: 3 SCH
 - BIOL2389: 3 SCH
- Semester 3:
 - BIOL1411/1111: 4 SCH
- Semester 4:
 - BIOL2406/2106: 4 SCH

The associate of science degree in Biology (Holistic Wellness Pathway) is 60 total semester credit hours and includes the 19 holistic wellness semester credit hours previously described.

5. **What if I need to use financial aid?**

If you need to use financial aid or VA benefits, you must be degree seeking at Hill College. You will need to choose “degree seeking, Biology major” on the application and maintain at least part time status (6 credit hours per semester). Financial aid and Veteran’s benefits can only pay for the courses required of the Associate of Science Biology Holistic Wellness Pathway. It is suggested that students take the least intense classes while taking holistic courses and save the more intense classes for summer or future semesters.

6. **What is the time commitment of the program?**

National Association of Nutrition Professionals (NANP)-approved programs are 1080s hours of time commitment. That is divided over 2 semesters based upon the proposed outline (see #4 above). This equals 540 hours per 16-week semester averaging to approximately 31 hours/week for the first two semesters. The last two semesters average 10-15 hours each week.

7. **How long does the program take?**

According to the proposed outline (see #4 above), it takes 4 semesters, or 2 years, to complete. However, some people already have previous time commitments that can’t be decreased during the school semester, so they choose to take 1 class at a time. This splits the program up into 6 semesters or 3 years. Some people take the program faster, but it is not suggested. The courses are very intense. If you have no other responsibilities, then maybe it is possible with instructor permission.

8. **When do classes start?**

A new cohort of classes begins every fall (Aug –Dec) and spring (Jan-May) for 16-week semesters. A 2nd 8-week Biol 1322 (Nutrition 1) starts every Oct/Mar.

9. **Can I take summer classes?**

Biol 1322 (Nutrition 1) is currently offered each summer.

10. How does taking classes online work?

Depending on the class, you are either watching recordings of live classes or joining the class live via Zoom. Online students do the same assignments as the in-person students and submit pictures of their hands-on projects (gardening, medicine making, etc.). The online students get the full experience of the program, and all holistic wellness pathway students are connected via the Hill College online platform (Schoology), through group assignments, and live face-to-face meetings through Zoom.

11. Can I take some classes online and some classes in-person?

Yes, you can decide each semester to take in-person or online classes. Currently, only BIOL 2389 (Clinicals II) is offered in-person.

12. What is the difference between this program and other nutrition/ coaching/ herbal programs?

- There are no other programs that exist that offer all three holistic fields in one place, taught by a biology faculty member with a PhD, board-recognized education and experience in all three fields.
- There are no other programs that exist that are regionally accredited and can transfer to 4-year schools.
- There are no other programs that exist that are as affordable as this program.
- There are no other programs that exist that combine the clinical requirements of the national boards with the educational requirements all in one affordable program.
- This is a science-based program where you will learn the scientific method and conduct your own science experiments to make sure you know how to adequately assess the plethora of health products for scientifically validated use.
- In addition to the above, you will also learn how to wildcraft, permaculture garden, make medicine, can/preserve food, ferment food, make soap, and really connect to your food and medicine all in one program.