

# Hill College Holistic Wellness Pathway

## Frequently Asked Questions

Revised June 16, 2022

### 1. Do I have to get the biology degree?

No. Students can take the 4-6 holistic courses if college readiness standards have been satisfied per Texas Higher Education Coordinating Board regulations. The National Board for Health and Wellness Coaches (NBHWC) coaching board requires an associate degree, but if a student has a previous degree (in any major) or two years' work experience (in any field) that will count.

### 2. Which "option" should I choose?

The options on the Holistic Wellness webpage are intended to inform students of their options if they pursue a degree or not depending on previous experience and for which boards they plan to sit.

- If a student already has an associate, baccalaureate, or master degree, they do not need an additional degree. If this is the case, when applying to Hill College, the prospective student would select to be a non-degree seeking student.
- If a student plans to sit for the coaching board and has 2 years' work experience, they do not need a degree.
- If a student does not plan to sit for the coaching board, they do not need a degree.
- If a student does not want advanced herbal training, they can take the first four courses.

Note: It is important to understand the requirements of the degree selected. The Academic Advising and Success Center is available to assist students with degree requirements. However, when considering national credentialing, questions should be directed to Dr. Lori Rose.

### 3. Can I take Holistic Wellness classes as Continuing Education?

To find out more about taking these courses through Continuing Education (CE), please contact CE at [ceinfo@hillcollege.edu](mailto:ceinfo@hillcollege.edu).

### 4. How much does the program cost?

Hill College tuition rates can be found on the Hill College Business Office webpage at <https://www.hillcollege.edu/Business/Tuition-Fees/Tuition-Fees.html>. Tuition and fees are charged per term and are dependent on where a student lives and the courses they take each semester. Students pay per semester for the hours in which they are enrolled. The Holistic Wellness pathway courses equal 19 semester credit hours and are subdivided below per the suggested semester outline:

- Semester 1:
  - BIOL 1322 – Advanced Study: 3 SCH
  - BIOL 2289: 2 SCH
- Semester 2:
  - BIOL 1323: 3 SCH

- BIOL 2389: 3 SCH
- Semester 3:
  - BIOL 1411/1111: 4 SCH
- Semester 4:
  - BIOL 2406/2106: 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?**

For more information on using financial aid for these courses, please contact Student Information Services at [finaid@hillcollege.edu](mailto:finaid@hillcollege.edu).

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

National Association of Nutrition Professionals (NANP)-approved programs are 1250 hours of time commitment. These hours are divided over two semesters based upon the proposed outline (see #4 above), which is 625 hours per 16-week semester averaging to approximately 40 hours per week for the first two semesters. The last two semesters average 10-20 hours each week.

Estimated weekly time requirements for each course:

BIOL 1322-Advanced Study: 10-15 hrs

BIOL 2289: 20-30 hrs

BIOL 1323: 15-20 hrs

BIOL 2389: 10-15 hrs

BIOL 1411/1111: 15-20 hrs

BIOL 2406/2106: 10 hrs

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

According to the proposed outline (see #4 above), it takes four semesters, or two years, to complete. However, some students already have previous time commitments that cannot be decreased during the school semester, so they choose to take one class at a time. This splits the program up into six semesters or three years. Some students take the program faster, but it is not suggested. The courses are very intense. If a student has no other responsibilities, then maybe it is possible with instructor approval.

## 8. **When do classes start?**

A new cohort of classes begins every fall (Aug –Dec) and spring (Jan-May) for 16-week semesters. A 2<sup>nd</sup> 8-week BIOL 1322-Advanced Study starts every October and March. A summer 11-week BIOL 1322-Advanced Study starts every May.

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

BIOL 1322-Advanced Study is currently offered each summer.

**10. How does taking classes online work?**

Depending on the class, students 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?**

Currently, no classes are 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.
- Hill College's Holistic Wellness Pathway was designed by Dr. Lori Rose who holds a doctorate in biology and has real-world experience in all three holistic 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 students will learn the scientific method and conduct their own science experiments to make sure they know how to adequately assess the plethora of health products for scientifically validated use.
- In addition to the above, students will also learn how to wildcraft, permaculture garden, make medicine, can/preserve food, ferment food, make soap, and really connect to food and medicine all in one program.