



FOR IMMEDIATE RELEASE

USC LANCASTER GAINS NATIONAL RECOGNITION FOR NEW HEALTH COACH TRAINING PATHWAY

Lancaster, S.C. – October 24, 2025 – The University of South Carolina Lancaster (USCL) is proud to announce the official launch of its Health Coach Training Pathway, which has received full program approval from the National Board for Health and Wellness Coaching (NBHWC). This accreditation designates USCL's pathway of four health promotion courses as an NBHWC-Approved Training Program, positioning the two-year college campus as a key player in the emerging field of lifestyle medicine in South Carolina. USC Lancaster is the first nationally recognized training program in the state designed for academic credit.

"This NBHWC approval is a game-changer for USC Lancaster and a significant step forward in addressing the regional demand for highly trained health professionals," said Dr. Courtney Catledge, Dean of USC Lancaster. "We are proud to offer a nationally recognized program that will equip our students to make a profound, positive impact on health outcomes across our region, reinforcing our campus commitment to community well-being and academic excellence."

This comprehensive training is designed to empower future health professionals with the knowledge and skills necessary to become National Board-Certified Health & Wellness Coaches (NBC-HWC). The curriculum prepares participants to effectively support clients in achieving sustainable health and wellness goals through evidence-based coaching methods, lifestyle change strategies, and motivational interviewing.

The NBHWC accreditation confirms that USCL's program meets the rigorous standards set by the national board, enabling graduates to sit for the certification exam, which results in the industry's highest credential, the NBC-HWC. The Health Coach Training Pathway includes 75+ hours of online synchronous and asynchronous instruction over the course of several academic semesters.

"Learning how to coach a patient through lifestyle changes is unique because it is also personally transformative," said Dr. Sarah Sellhorst, Professor of Exercise Science at USC Lancaster. "The training is evidence-driven and holistic in its approach to reduce the impact of chronic diseases through effective health coaching techniques."

In partnership with the Upper Midlands Rural Health Network, the SC Center for Rural and Primary Healthcare (CRPH) provided funding support for the program's initial accreditation and will offer tuition reimbursement opportunities to the first cohort of 20 eligible students who reside in specific health professional shortage areas in the region.

"With this national recognition, USC Lancaster is well-positioned to prepare students with the skills and insight needed to address the complex challenges of managing chronic diseases within today's evolving healthcare landscape," said Cassandra Pope, Strategic Workforce and Training Manager at CRPH.

The flexible format of the program, designed for accessibility, supports the national movement toward integrating credentialed health coaches into clinical and wellness settings.

"By offering this specialized training, USC Lancaster is actively fulfilling its mission to provide accessible educational resources that address the growing demand for credentialed health professionals," said Catledge.

Prospective students are encouraged to visit the USC Lancaster website for program details, tuition reimbursement eligibility requirements, and enrollment information.



Sarah Sellhorst



Courtney Catledge



Cassandra Pope