Health Coach Scope of Practice

The ACE Certified Health Coach is a professional who has met all requirements of the American Council on Exercise to engage in the work necessary to promote behavior change, well-being, and long-term positive health for individuals and small groups of apparently healthy adults or those who have medical clearance to participate in health coaching, as well as to cultivate an inclusive and equitable coaching environment for diverse individuals. The ACE Certified Health Coach realizes that health coaching is a service industry focused on empowering clients to develop and leverage their strengths to support achievable, measurable, and meaningful behavior-change goals. As members of the healthcare continuum with a primary focus on prevention and healthy living, ACE Certified Health Coaches have a scope of practice that includes:

- Establishing trust and rapport with clients by using evidence-based coaching strategies to build and maintain collaborative relationships and elicit information about goals, values, and beliefs
- Guiding clients to identify strengths, barriers, and available resources using established methods and appropriate resources to support sustainable health behavior changes
- Facilitating client-directed behavior change using evidence-based coaching strategies to promote and enhance well-being
- Conducting and interpreting relevant client-centered interviews and assessments to obtain health, medical, wellness, and lifestyle information to discover client values, goals, strengths, beliefs, and to facilitate collaborative plan development and to make referrals and obtain medical clearance, as needed
- Co-creating a client-centered behavior change plan that integrates relevant community resources and health professionals and is consistent with client values, strengths, and beliefs to support the client in achieving their goals and objectives
- Implementing client-centered plans collaboratively using evidence-based coaching practices to facilitate client progress toward healthful lifestyle and behavior-change goals
- Providing clients with opportunities for further learning and feedback on health topics, behavior-change strategies, skill development, and overcoming barriers to empower and support the client in implementing the behavior-change plan

- Collaboratively evaluating and adjusting behavior-change plans in collaboration with clients and stakeholders to consistently monitor outcomes, support progress toward program goals, and make referrals as needed, as well as to address barriers and support accountability, motivations, and learning
- Adhering to responsible business practices, legal requirements and guidelines, and the ACE Code of Ethics, and maintaining professional standards and risk-management strategies
- Responding to emergencies, potential safety hazards, and high-risk situations by developing and following policy and procedure to ensure safety and reduce liability