Learn and practice the competencies needed to facilitate improved well-being of individuals and communities and sustain self-care. Your interdisciplinary study will focus on diverse disciplines such as nutrition, fitness, stress management, substance abuse, behavior change and coaching psychology.

Program Description

The BS program in health sciences with a concentration in healthy lifestyles coaching is designed to provide the academic knowledge and skills that allow students to move directly into a range of employment opportunities within the health and wellness fields or continue their education in discipline specific programs. The healthy lifestyles coaching interdisciplinary approach equips students to apply evidence-based practices in exercise prescription, wellness education and coaching psychology to help people adopt and maintain healthier habits and combat ongoing health problems caused by poor lifestyle choices.

Upon completion of the degree, students are qualified to sit for an exam to become certified personal trainers or fitness instructors. Also, students who complete this degree and one additional supervised coaching practical course are eligible for the National Board Certification for Health and Wellness Coaches offered by the National Board for Health and Wellness Coaches: http://www.nbhwc.org.

At a Glance

- **College/School:** College of Health Solutions
- **Location:** Downtown Phoenix campus or online

- **Additional Program Fee:** Yes
- **Second Language Requirement:** No
- **First Required Math Course:** MAT 142 - College Mathematics
- **Math Intensity:** General
Required Courses (Major Map)

2020 - 2021 Major Map (On-campus)
2020 - 2021 Major Map (Online)
Major Map (Archives)

Accelerated Program Options

This program allows students to choose either a 2.5- or a 3-year path while participating in the same high-quality educational experience of a 4-year option. Students can opt to fast-track their studies after acceptance into a participating program by connecting with their academic advisor. Fast track options appear at the top of the major map.

Admission Requirements

General University Admission Requirements:

All students are required to meet general university admission requirements.

Freshman | Transfer | International | Readmission

Change of Major Requirements

A current ASU student has no additional requirements for changing majors.

Students should refer to https://changingmajors.asu.edu/request for information about how to change a major to this program.

Attend Online

ASU offers this program in an online format with multiple enrollment sessions throughout the year. Applicants may view the program description and request more information here.

Transfer Options
ASU is committed to helping students thrive by offering tools that allow personalization of the transfer path to ASU. Students may use the Transfer Map search to outline a list of recommended courses to take prior to transfer.

ASU has transfer partnerships in Arizona and across the country to create a simplified transfer experience for students. These pathway programs include exclusive benefits, tools and resources, and help students save time and money in their college journey. Students may learn more about these programs by visiting the admission site: https://admission.asu.edu/transfer/pathway-programs.

Global Opportunities

Global Experience

With over 250 programs in more than 65 countries ranging from one week to one year, study abroad is possible for all ASU students wishing to gain global skills and knowledge in preparation for a 21st-century career. Students earn ASU credit for completed courses, while staying on track for graduation, and may apply financial aid and scholarships toward program costs. https://mystudyabroad.asu.edu/

Career Opportunities

According to the U.S. Bureau of Labor Statistics, employment for health coaches and health educators is projected to grow 21% from 2012 to 2022, faster than the average for all occupations. Growth is driven by efforts to improve health outcomes and to reduce health care costs by teaching people about healthy habits and behaviors and utilization of available health care services.

Health, wellness and fitness coaches work in hospitals and health care facilities, schools, public health departments, nonprofit organizations, prevention agencies (e.g., American Heart Association), lifestyle and weight management consulting firms, outpatient fitness centers, university fitness and wellness centers, and private businesses.

Specialty areas may include:

- bariatric weight loss clinic counseling and management
- corporate fitness and worksite wellness

Career options include positions such as:

- elder service or congregate meal program coordinator
- fitness center director
• group exercise specialist
• health and patient educator
• Healthy Start or corporate wellness coordinator
• personal training
• physical therapy technician
• school health and nutrition program specialist
• women, infants, children, and community nutrition aide
• worksite wellness coach/coordinator

Students are also well-prepared for admission into graduate programs in health promotion, population health, lifestyle management, integrative health, health administration, psychology and medicine.

Career examples include but are not limited to those shown in the following list. Advanced degrees or certifications may be required for academic or clinical positions.

<table>
<thead>
<tr>
<th>Career</th>
<th>*Growth</th>
<th>*Median Salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certified Health Education Specialist (CHES)</td>
<td>14.5%</td>
<td>$53,940</td>
</tr>
<tr>
<td>Coach</td>
<td>12.9%</td>
<td>$32,270</td>
</tr>
<tr>
<td>Community Health Worker</td>
<td>18.1%</td>
<td>$38,370</td>
</tr>
<tr>
<td>Exercise Physiologist</td>
<td>13.1%</td>
<td>$49,090</td>
</tr>
<tr>
<td>Fitness Instructor</td>
<td>10.1%</td>
<td>$39,210</td>
</tr>
<tr>
<td>Fitness and Wellness Coordinator</td>
<td>10.6%</td>
<td>$81,630</td>
</tr>
<tr>
<td>Health Care Support Worker (General)</td>
<td>11.7%</td>
<td>$37,220</td>
</tr>
<tr>
<td>Health and Safety Manager</td>
<td>8.1%</td>
<td>$71,780</td>
</tr>
<tr>
<td>Healthcare Professor</td>
<td>25.9%</td>
<td>$97,870</td>
</tr>
<tr>
<td>Medical and Health Services Manager</td>
<td>20.5%</td>
<td>$98,350</td>
</tr>
</tbody>
</table>

* Data obtained from the Occupational Information Network (O*NET) under sponsorship of the U.S. Department of Labor/Employment and Training Administration (USDOL/ETA).

Bright Outlook  Green Occupation

Contact Information

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