Health Sciences (Healthy Lifestyles and Fitness Science), BS

NUHSCHLCBS

This program's name has changed effective Fall 2021. The previous name was Health Sciences (Healthy Lifestyles Coaching).

You can help people improve their daily lives and coach them on how to maintain healthy habits over time. Get the skills needed to help people and communities enhance their well-being.

Program Description

The Bachelor of Science in health sciences with a concentration in healthy lifestyles and fitness science provides students the skills they need for employment in health and wellness fields or for continuing their education in graduate and professional school.

Students train for work in preventive health care and learn how to use lifestyle coaching, physical activity and health care education to improve the health of the communities they serve. They learn best practices in health promotion to help people adopt and maintain healthier habits and address the challenges reflected by socio-economic determinants of health. Students study diverse disciplines such as nutrition, fitness, stress management, substance abuse, behavior change and coaching psychology.

Students who complete this degree and one additional course are eligible for national certification for health and wellness coaches offered by National Board for Health and Wellness Coaches: http://www.nbhwco.org. After successful completion they may sit for nationally accredited certification in health and fitness, such as American College of Sports Medicine's certification for personal trainers: http://www.acsm.org.

At a Glance
Required Courses (Major Map)

2021 - 2022 Major Map (On-campus)
2021 - 2022 Major Map (Online)
Major Map (Archives)

Accelerated Program Options

This program allows students to choose 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://changemajor.apps.asu.edu 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 MyPath2ASU™ 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
Studying health sciences abroad provides students the opportunity to develop valuable skill sets that can give them an advantage in their professional career, like flexibility and communication skills. Personal enrichment can be gained through exposure to unique health environments, learning culturally specific healthy lifestyle approaches, and much more. https://goglobal.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% between 2012 and 2022, faster than the average for all occupations. Growth is driven by efforts to improve health outcomes and 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
- corporate wellness coordinator
- personal training
• physical therapy technician
• school health and nutrition program specialist
• women, infants, children, and community nutrition aide
• worksite wellness coach or coordinator

Graduates 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>Coach</td>
<td>11.8%</td>
<td>$36,330</td>
</tr>
<tr>
<td>Community Health Worker</td>
<td>15.2%</td>
<td>$42,000</td>
</tr>
<tr>
<td>Fitness Instructor</td>
<td>15.4%</td>
<td>$40,510</td>
</tr>
<tr>
<td>Fitness and Wellness Coordinator</td>
<td></td>
<td>not available</td>
</tr>
<tr>
<td>Health Care Support Worker (General)</td>
<td>6.9%</td>
<td>$39,530</td>
</tr>
<tr>
<td>Health and Safety Manager</td>
<td>3.8%</td>
<td>$76,340</td>
</tr>
<tr>
<td>Healthcare Professor</td>
<td>20.5%</td>
<td>$99,090</td>
</tr>
<tr>
<td>Medical and Health Services Manager</td>
<td>31.5%</td>
<td>$104,280</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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