



Faculty of Arts and Social Sciences
Sports Science

Course Reading

Sports and Health Coaching

Valid from 08/31/2020

Course Code: IDAM02

Course Title: Sports and Health Coaching

Credits: 7.5 ETCS cr

Degree Level: Master's level

Books

Gavin, J., & Mcbrearty, M (2018). *Lifestyle wellness coaching*. Champaign, IL: Human Kinetics

Knight, C. J., Harwood, C., & Gould, D. (Eds.). (2018). *Sport psychology for young athletes*. New York: Routledge

Potrac, P., Gilbert, W., & Denison, J (2015). *Routledge Handbook of Sports Coaching*. New York: Routledge

Articles

Altunkurek, S. Z., & Bebis, H (2019). The effects of wellness coaching on the wellness and health behaviors of early adolescents. *Public Health Nursing, 36* (4), p. 488-497

Cassidy, T (2013). Holistic sports coaching: A critical essay. *Routledge handbook of sports coaching*, p. 172-183

Friesen, A., & Orlick, T (2011). Holistic sport psychology: Investigating the roles, operating standards, and intervention goals and strategies of holistic consultants. *Journal of Excellence, 14* (1)

Henriksen et al. (2020). Team Denmark's Sport Psychology Professional Philosophy 2.0. *Scandinavian Journal of Sport and Exercise Psychology*

Henriksen, K., Stambulova, N., & Roessler, K. K (2010). Holistic approach to athletic talent development environments: A successful sailing milieu. *Psychology of Sport and Exercise, 11* (3), p. 212-222

Kennel, J (2018). Health and wellness coaching improves weight and nutrition behaviors. *American Journal of Lifestyle Medicine*, 12 (6), p. 448-450

Larsen, C. H., Alfermann, D., Henriksen, K., & Christensen, M. K (2013). Successful talent development in soccer: The characteristics of the environment. *Sport, Exercise, and Performance Psychology*, 2 (3), p. 190

Mettler, E. A., Preston, H. R., Jenkins, S. M., Lackore, K. A., Werneburg, B. L., Larson, B. G., ... & Vickers, K. S (2014). Motivational improvements for health behavior change from wellness coaching. *American Journal of Health Behavior*, 38 (1), p. 83-91

Whitley, M. A., Gould, D., Wright, E. M., & Hayden, L. A. (2018). Barriers to holistic coaching for positive youth development in South Africa. *Sports Coaching Review*, 7 (2), p. 171-189

Wolever, R. Q., Simmons, L. A., Sforzo, G. A., Dill, D., Kaye, M., Bechard, E. M. & Yang, N (2013). A systematic review of the literature on health and wellness coaching: defining a key behavioral intervention in healthcare. *Global Advances in Health and Medicine*, 2 (4), p. 38-57

Approved by the Faculty Board of Arts and Social Sciences 02/25/2020