



Faculty of Arts and Social Sciences
Sports Science

Course Reading

Health and Lifestyle Coaching

Valid from 09/02/2024

Course Code: IDAM04
Course Title: Health and Lifestyle Coaching
Credits: 7.5
Degree Level: Master's level

Books

Arloski, M. (2014). *Wellness coaching for lasting lifestyle change*. Whole Person Associates

Gavin, J. (2021). *Foundations of Professional Coaching Models, Methods, and Core Competencies*. Human Kinetics

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

Goble, K. L., Knight, S. M., Burke, S. C., Carawan, L. W., & Wolever, R. Q. (2017). Transformative change to 'a new me?': a qualitative study of clients' lived experience with integrative health coaching. *Coaching: An International Journal of Theory, Research and Practice, 10* (1), p. 18-36

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

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

Olsen, J. M., & Nesbitt, B. J. (2010). Health coaching to improve healthy lifestyle behaviors: an integrative review. *American Journal of Health Promotion*, 25 (1), e1-e12.

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 06/03/2024