



Fakulteten för humaniora och samhällsvetenskap
Idrottsvetenskap

Litteraturlista

Hälso- och livsstilsrelaterad coaching

Gäller från och med 17 jan 2022

Kurskod: IDAM04
Kursens benämning: Hälso- och livsstilsrelaterad coaching
Högskolepoäng: 7.5
Utbildningsnivå: Avancerad nivå

Böcker

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

Menendez, D. S., & Williams, P. (2015). *Becoming a professional life coach: Lessons from the Institute of Life Coach Training*. New York: WW Norton Co

Artiklar

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), s. 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), s. 18-36

Kennel, J. (2018). Health and wellness coaching improves weight and nutrition behaviors. *American Journal of Lifestyle Medicine*, 12 (6), s. 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), s. 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), s. 38-57

Fastställd av Fakultetsnämnden vid Fakulteten för humaniora och samhällsvetenskap 7 sep 2021