



Fakulteten för humaniora och samhällsvetenskap
Idrottsvetenskap

Litteraturlista

Hälso- och livsstilsrelaterad coaching

Gäller från och med 2 sep 2024

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

Böcker

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

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 3 jun 2024