GRADUATE PROGRAM in COACHING WELLNESS

UNIVERSITY OF UTAH
Department of Health, Kinesiology & Recreation

Our mission in the Kinesiology Program:
We enhance health, quality of life, and human performance through discovery, dissemination, and application of the scientific foundations of physical activity.

About the graduate focus in Coaching Wellness:
Our multidisciplinary curriculum draws on a knowledge base developed through an understanding of the physiological and behavioral components of fitness, health, and wellness.
Coaching Wellness M.S. Students

Our students are interested in...

– working with people in wellness and/or clinical settings
– becoming wellness specialists who are effective facilitators of positive behavior change
– coordinating and directing wellness programming in clinical, community or corporate settings
– understanding how exercise physiology, nutrition, psychology, and behavior function to improve wellness & quality of life
Coaching Wellness Program Highlights

Students in our program have the unique opportunity to broaden their skills by participating in wellness coaching, health and fitness testing, group fitness instruction, personal training, and organizational wellness program development, management and evaluation in a variety of settings.

Clinical Partnerships:
- PEAK Health and Fitness
- University Sleep/Wake Center
- Madsen Health Clinic
- Sugarhouse Clinic
- University Bariatric Surgery Program
- University of Utah Center for Student Wellness
- University of Utah Wellness

Community Collaborations:
- Utah Statewide Health Care Innovation Plan
- Department of Family and Preventive Medicine
- Community Faces of Utah
- Native American Research Counsel on Health
- Utah Health and Human Rights Wellness Group
- Post-athlete wellness services (PAWS)
What are our graduates doing?

Our Coaching Wellness master’s degree program prepares students for careers in wellness settings and with clinical populations who may benefit from lifestyle changes including diet, physical activity, and stress reduction.

**Careers held by graduates**
Senior Health Fitness Specialist
Wellness Coordinator
Health Educator
Director of Wellness Services
Wellness Supervisor

**Employment fields**
Corporate Health and Wellness
University/Academic Wellness
Healthcare/Hospital Wellness
Resort/Hospitality
Why the University of Utah?

- World-class education in a world-class setting
- Experience hands on clinical training within the community
- Great opportunities for research
- Strong multidisciplinary program for the science-loving student
- State of the art campus, exercise science labs, hospitals, and clinics
Contact Us

U of U campus website:
http://www.utah.edu/

Coaching Wellness Program Website:

Find us on Facebook:
https://www.facebook.com/groups/coachingwellness/