COACHING WELLNESS
GRADUATE PROGRAM

UNIVERSITY OF UTAH
Exercise and Sport Science Dept.

The Coaching Wellness Master’s Degree program is offered through the Department of Exercise and Sport Science at the University of Utah

**Exercise and Sport Science Dept. Mission**
We enhance health, quality of life, and human performance through discovery, dissemination, and application of the scientific foundations of physical activity.

**Coaching Wellness Graduate Program**
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 Master’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 or corporate settings
– understanding how exercise physiology, nutrition, psychology, and behavior function to improve wellness
Coaching Wellness Highlights

Our students advance their knowledge and skills by participating in wellness coaching, health and fitness testing, group fitness, personal training, and organizational wellness program development, management and evaluation in a variety of settings.

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

**Current Research Collaborations Include:**
- Department of Family and Preventive Medicine Health Studies Initiative
- Community Faces of Utah
- Utah Health and Human Rights Wellness Group
- Post-performance wellness services
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 University of Utah?

• World-class education in a world-class setting
• Experience hands on clinical training within the community
• Great opportunities for research
• Strong exercise physiology based program for the science-loving student
• State of the art campus, exercise science labs, hospitals, and clinics
Applications for the 2015-2016 academic year are due on March 1st, 2015

Contact us

Coaching Wellness website:  

Coaching Wellness Program Director:  
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Exercise and Sport Science Graduate Studies:  
http://www.health.utah.edu/exercise-sport-science/degrees/graduate/index.php

University of Utah campus website:  
http://www.utah.edu/