

Health Sciences (Healthy Lifestyles and Fitness Science), BS

NUHSCHLCBS

Help people improve their daily lives and coach them on how to build and maintain healthy habits. Gain the well-rounded knowledge you need to help people and communities enhance their health.

Program description

The BS in health sciences with a concentration in healthy lifestyles and fitness science is a dynamic program that blends multidisciplinary coursework, hands-on training and a strong foundation in healthy lifestyles. Students gain expertise in areas such as nutrition, fitness, stress management, substance abuse prevention, behavior change, health coaching and health promotion program management.

Graduates are prepared to make a meaningful impact on the health and well-being of individuals and communities, addressing the challenges posed by social determinants of health.

The program curriculum offers three academic tracks that support successful preparation for nationally accredited certifications:


Fitness science: Students learn to assess clients and develop, teach and modify exercise plans and individualized programming to help maximize their health potential. Coursework includes physical activity planning, exercise prescription, body image and wellness, and injury risk assessment. Students who complete this track are prepared for certification in personal training offered by the American College of Sports Medicine (<https://www.acsm.org>).

Health education and health promotion: Students learn to assess health needs and develop, lead and evaluate health promotion programs to address and advocate for individual and community needs. Specialized knowledge areas include diabetes prevention, sexual health, climate and health, emergency preparedness, social media and health, school health and violence prevention. Students who complete this track are prepared for the certified health education specialist exam through the National Commission for Health Education Credentialing (<https://www.nche.org>).

Health and wellness coaching: Students delve into the art and science of coaching for improved health and well-being. Coursework includes evidence-based behavior change methodologies, mastery of

coaching communication skills such as motivational interviewing techniques, and strategies to influence sustainable healthy lifestyles. Students who complete this track are prepared for the certified health and wellness coach exam through the American Council of Exercise (<https://www.acefitness.org>). Moreover, students who complete this track and one additional course are eligible to become credentialed by the National Board for Health and Wellness Coaches (<https://nbhwc.org>).

At a glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#) or [Online, ASU Local](#)
- **Second language requirement:** No
- **First required math course:** MAT 117 - College Algebra
or MAT 142 College Mathematics
- **Math intensity:** General 

Required courses (Major Map)

[2024 - 2025 Major Map \(on-campus\)](#)

[2024 - 2025 Major Map \(online\)](#)

[Major Map \(Archives\)](#)

Concurrent program options

Students pursuing concurrent degrees (also known as a "double major") earn two distinct degrees and receive two diplomas. Working with their academic advisors, students can create their own concurrent degree combination. Some combinations are not possible due to high levels of overlap in curriculum.

Accelerated program options

This program allows students to choose a 3-year path while participating in the same high-quality educational experience of a 4-year option. Students can opt to fast-track their studies after acceptance into a participating program by connecting with their academic advisor. Fast track options appear at the top of the major map.

Admission requirements

General university admission requirements:

All students are required to meet general university admission requirements.

[First-year](#) | [Transfer](#) | [International](#) | [Readmission](#)

Tuition information

When it comes to paying for higher education, everyone's situation is different. Students can learn about [ASU tuition and financial aid](#) options to find out which will work best for them.

Change of Major Requirements

A current ASU student has no additional requirements for changing majors.

Students should visit the [Change of Major form](#) for information about how to change a major to this program.

Attend online

ASU Online

ASU offers this program in an online format with multiple enrollment sessions throughout the year. Applicants may [view the program's ASU Online page](#) for program descriptions and to request more information.

ASU Local

It is now possible to earn an ASU degree with [ASU Local](#), an integrated college experience in which students take advantage of in-person success coaching and programming experiences on site while completing one of 130+ undergraduate online degree programs, all of which come with online faculty interaction and tutoring support.

Transfer options

ASU is committed to helping students thrive by offering tools that allow personalization of the transfer path to ASU. Students may use [MyPath2ASU®](#) to outline a list of recommended courses to take prior to transfer.

ASU has [transfer partnerships](#) in Arizona and across the country to create a simplified transfer experience for students. These pathway programs include exclusive benefits, tools and resources, and they help students save time and money in their college journey.

Program learning outcomes

Program learning outcomes identify what a student will learn or be able to do upon completion of their program. This program has the following program outcomes:

- Develop a comprehensive health and wellness coaching plan.
- Apply evidence-based health and wellness coaching competencies to build a coaching relationship, and guide clients through enriched support for self-awareness and self-discovery.
- Implement health and wellness evidence-based interventions and strategies to elicit positive changes in individuals within the general population.
- Utilize their health coaching skills within the coaching scope of practice following ethical and legal requirements.
- Utilize evidence-based physical activity programs with appropriate volume and intensity of exercise to elicit positive health changes in individuals within the general population.

Global opportunities

Global experience

With more than 300 [Global Education program opportunities](#) available to them, nutritional science students are able to tailor their experience to their unique interests and skill sets. Whether in a foreign country, in the U.S. or online, students build communication skills, learn to adapt and persevere, and are exposed to research and internships across the world, increasing their professional network.

The College of Health Solutions recommends [these programs](#) for students majoring in health science with a concentration in healthy lifestyles and fitness science.

Career opportunities

According to the U.S. Bureau of Labor Statistics, employment for health coaches and health educators is projected to grow 17% between 2020 and 2030, faster than the average for all occupations.

Health, wellness and fitness coaches work in a multitude of professional environments. Specialty areas may include bariatric weight loss clinic counseling and management, and corporate fitness and worksite wellness.

The globally recognized credentials available through this degree open doors to careers in health education, promotion and coaching worldwide and create a long-term pathway to becoming a certified diabetes care and education specialist (<https://www.cbdce.org>) or a lifestyle medicine professional (<https://lifestylemedicine.org/certification>).

Career options include positions such as:

- community health educator
- community outreach coordinator
- corporate wellness coordinator

- fitness center director
- health education specialist (program developer)
- health and patient educator
- personal trainer
- prevention specialist
- school health and nutrition program specialist
- Women, Infants and Children program and community nutrition aide
- worksite wellness coach or coordinator

Graduates are also well prepared for admission to graduate programs in health promotion, population health, lifestyle management, integrative health, health administration, psychology and medicine.

Example job titles and salaries listed below are not necessarily entry level, and students should take into consideration how years of experience and geographical location may affect pay scales. Some jobs also may require advanced degrees, certifications or state-specific licensure.

Career	*Growth	*Median salary
<u>Athletic Trainer</u> ☀	14.1%	\$53,840
<u>Certified Health Education Specialist (CHES)</u> ☀	7.2%	\$59,990
<u>Coach</u> ☀	9.2%	\$44,890
<u>Community Health Worker</u> ☀	14.1%	\$46,190
<u>Environmental Protection Specialist</u> ☀	6.1%	\$76,480
<u>Fitness and Wellness Coordinator</u>	4.3%	\$56,090
<u>Health Care Support Worker (General)</u> ☀	5.7%	\$40,420
<u>Healthcare Professor</u> ☀	19.1%	\$100,300
<u>Medical and Health Services Manager</u> ☀	28.4%	\$104,830
<u>Public Health Physician</u>	3.0%	\$223,410

* Data obtained from the Occupational Information Network (O*NET) under sponsorship of the U.S. Department of Labor/Employment and Training Administration (USDOL/ETA).

☀ [Bright Outlook](#)

Professional licensure

ASU programs that may lead to professional licensure or certification are intended to prepare students for potential licensure or certification in Arizona. Completion of an ASU program may not meet educational requirements for licensure or certification in another state. For more information, students should visit the [ASU professional licensure](#) webpage.

Contact information

