Health Sciences (Healthy Lifestyles and Fitness Science), BS

You can help people improve their daily lives and coach them on how to maintain healthy habits over time. Get the skills you need in order to help people and communities enhance their well-being.

Program Description

The BS program in health sciences with a concentration in healthy lifestyles and fitness science provides students with skills for employment in health, wellness and fitness fields or for continuing their education in graduate and professional school.

Students study disciplines such as nutrition, fitness, stress management, substance abuse, behavior change and coaching psychology and train for work in preventive health care. They learn how to use lifestyle coaching, physical activity and health care education to improve community health and how to address the challenges reflected by socio-economic determinants of health.

This program supports successful completion for nationally accredited certification in health and fitness, such as American College of Sports Medicine's certification for personal trainers: https://www.acsm.org/. Students who complete this degree and one additional course are eligible for national certification for health and wellness coaches offered 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
• Additional Program Fee: Yes
• Second Language Requirement: No
• **First Required Math Course:** MAT 142 - College Mathematics Any math course that meets the MA designation.
• **Math Intensity:** General

**Required Courses (Major Map)**

- 2023 - 2024 Major Map (On-campus)
- 2023 - 2024 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 college, 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
Studying abroad provides students majoring in health sciences the opportunity to develop valuable skill sets that can give them an advantage in their professional career, like flexibility and communication skills. Personal enrichment can be gained through exposure to unique health environments, learning culturally specific healthy lifestyle approaches and much more.

**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. Growth is driven by efforts to improve health outcomes and reduce health care costs by teaching people about healthy habits and behaviors and utilization of available health care services.

Health, wellness and fitness coaches work in hospitals and health care facilities, schools, public health departments, nonprofit organizations, prevention agencies (e.g., American Heart Association), lifestyle and weight management consulting firms, outpatient fitness centers, university fitness and wellness centers, and private businesses.

Specialty areas may include:

- bariatric weight loss clinic counseling and management
- corporate fitness and worksite wellness

Career options include positions such as:

- corporate wellness coordinator
- fitness center director
- group exercise specialist
- health and patient educator
- personal trainer
- 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 into graduate programs in health promotion, population health, lifestyle management, integrative health, health administration, psychology and medicine.

Career example titles and salaries listed below are not necessarily entry level, and students should take into consideration how years of experience, geographical location, and required advanced degrees or certifications may affect pay scales.

<table>
<thead>
<tr>
<th>Career</th>
<th>*Growth</th>
<th>*Median Salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach</td>
<td>9.2%</td>
<td>$44,890</td>
</tr>
<tr>
<td>Occupation</td>
<td>Percentage</td>
<td>Salary</td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Community Health Worker</td>
<td>14.1%</td>
<td>$46,190</td>
</tr>
<tr>
<td>Fitness Instructor</td>
<td>13.7%</td>
<td>$45,380</td>
</tr>
<tr>
<td>Fitness and Wellness Coordinator</td>
<td>4.3%</td>
<td>$56,090</td>
</tr>
<tr>
<td>Health Care Support Worker (General)</td>
<td>5.7%</td>
<td>$40,420</td>
</tr>
</tbody>
</table>

* 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**

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