



# Master of Science Lifestyle Health Sciences & Coaching

LEARN • GROW • TRANSFORM

## Ready to live your best life while inspiring others?

Our innovative graduate degree program will provide the knowledge, skills, and tools needed to become a credentialed health and wellness coach with a specialization in evidence-based lifestyle medicine.

This growing career field draws from psychology, behavioral health, physiology, nutrition and exercise science, as well as emotional intelligence, communication, health literacy, and leadership.

### CAREER OPPORTUNITIES:

- Certified Health & Wellness Coach
- Clinical Health Coach
- Health Education Coordinator
- Professional Life Skills Coach
- Health Promotion Specialist
- University Wellbeing Coach
- Employee Wellbeing Coordinator
- Wellness Program Director

Graduate in 1 Year

Cohort Program

36 Credit Hours

Online & Blended Courses

5 On-Campus Workshops

Wellcoaches®

**UNT** | **HEALTH**  
SCIENCE CENTER  
SCHOOL OF HEALTH PROFESSIONS  
DEPARTMENT OF LIFESTYLE HEALTH SCIENCES

**Master foundational competencies and learn translatable skills through an interactive, blended curriculum. Graduates will be equipped to work in a variety of clinical, community or corporate settings.**

<b>PROGRAM CURRICULUM:</b>				
<b>Summer</b>	<b>Fall 1</b>	<b>Fall 2</b>	<b>Spring 1</b>	<b>Spring 2</b>
Introduction to Evidence-Based Lifestyle Medicine  Health Literacy & Communication	Psychology of Behavior Change  Nutrition for Health & Chronic Disease	Health & Wellness Coaching I [Wellcoaches®]  Exercise for Health & Chronic Disease	Health & Wellness Coaching II [Wellcoaches®]  Addressing Health Behaviors	Health & Patient Safety Through the Lifecycle  Healthcare System & Wellness Program Planning
<b>MOSAIC I</b>	<b>MOSAIC II</b>	<b>MOSAIC III</b>	<b>MOSAIC IV</b>	<b>CAPSTONE</b> [Wellcoaches®]

**Wellcoaches® Core Coach Training Modules 1 & 2 are included in the curriculum.**

We have partnered with Wellcoaches®, a leader in the Health & Wellness coaching industry, to deliver an exceptional certification preparation program in addition to a Master of Science degree.

**APPLICATIONS ACCEPTED SEPTEMBER TO FEBRUARY FOR JUNE 2020 START**

**How to Apply**

- Online application
- \$50 fee (waived for current UNTHSC students & employees)
- Official transcripts
- Resumé or curriculum vitae.
- Two letters of recommendation



**Apply by December 15th for early action**

wellcoaches®

**CONTACT US**  
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