

Summary of Student Research through 'Wellness Works'
(Evolution of Research on Facilitated Health Coaching)

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Wellness Works is a research and engagement group affiliated with the Department of Kinesiology. The goal of the Wellness Works is to advance knowledge about behavior change and worksite health promotion while synergistically serving worksites and participants. Students have contributed to Wellness Works programming as part of graduate thesis work, internships, independent studies (KIN 490), as well as through class activities (KIN 380) and independent service learning arrangements (KIN 391). Thus, the Wellness Works program synergistically involves research, teaching and service. Students benefit from the applied learning experiences while directly serving local companies and individuals.



A number of graduate students have completed research studies and creative components under the Wellness Works umbrella. The projects have built a foundation in the area of facilitated health coaching. The refinement of the methods led to the establishment of a practicum course called Practicum in Motivational Interviewing (KIN 494) that provides undergraduates with opportunities to get practical experience in health coaching and the opportunity to gain research experience in ongoing health coaching projects. A listing of supervised graduate student projects that have contributed to this ongoing line of research on health coaching is listed below.

- Validity of the Bodymedia Weight Management Software (2009 - 2010)
 - M.S. Thesis study: **Nettie McGuire - Handsaker**
- Bonsante Weight Loss Pilot Project (2010 - 2011)
 - M.S. Thesis study (Clinical Outcomes): **Sarah Walsh**
 - M.S. Thesis study (Behavioral Outcomes): **Katie Paulson**
 - M.S. Thesis study(6 month follow up evaluation): **Sarah Davis**
- Evaluation of Bodymedia ProConnect software for virtual health coaching in worksites (2013)
 - M.S. Thesis study: **Molly Webb**
- Evaluating Behavior Change Strategies in Worksite Health Promotion (2014)
 - M.S. Thesis study: **Erin Nelson**
- Evaluation of the Interactive Health Partner software in a worksite setting (2014)
 - M.S. Creative Component: **Tianna Allen**
- Self-monitoring and motivational interviewing to promote behavior change (2016)
 - M.S. Thesis study – **Katie Bus**

The Wellness Works program has provided a way to provide students with applied research and clinical experiences while also providing valuable services to area worksite and employees.