



Dr. Duston Morris

Dr. Duston Morris is an Associate Professor and the Health Coaching Coordinator in the Department of Health Sciences at the University of Central Arkansas. Dr. Morris is certified as a health education specialist and health coach. His research focus includes exercise and physical activity, quality of life and well-being indicators, substance use among youth, and interprofessional education. In his free time, Duston enjoys a variety of outdoor activities, art, music, and maintaining a healthy lifestyle.