



Bachelor of Science in

# HEALTH AND WELLNESS

## Make Your Comeback in the Health and Wellness Field

As the emphasis on preventative care grows, so does the need for qualified professionals to administer it. Move your career forward in wellness-related industries at Purdue Global. Through our bachelor's degree program, you'll broaden your knowledge and skills with a mind-body-spirit approach to health and wellness. Graduate as a health and wellness professional who provides support, expertise, and education to promote healthy lifestyles and helps prevent illness or injury.



# Why Make Your Comeback at Purdue Global's School of Health Sciences?

## **Built for Working Adults**

Complete courses online, without compromising your work or family schedule.

## **Backed by the Power of Purdue**

Earn a degree you can be proud of — and employers will respect. Achieve more in the health care field with a name that opens doors in your career.

## **Experience Counts as Credit**

Get the credit you deserve. Transfer up to 75% of your degree requirements to graduate sooner. You can use prior academic, work, and military experience for credit.<sup>1</sup>

## **Graduate Program Pathway**

Earn your master's degree in less time with a graduate program pathway. You'll take graduate-level courses while completing your bachelor's degree and get a head start on your master's program. View the University Catalog for more information.<sup>2</sup>

## **Expert Faculty**

Learn from health care and education experts who are practicing professionals in the field, including licensed acupuncturists, personal trainers, nutritionists, naturopathic physicians, chiropractic physicians, herbalists, and more. All Health Sciences faculty possess advanced academic degrees.

## **Practical Experience You Can Count On**

Don't just go back to school — come back with the experience you need. Our program features interactive, real-world learning opportunities to make your education engaging and relevant.

## **Personal Support**

Work directly with faculty through online discussion boards and seminars, and enjoy no-cost individual tutoring. In addition, academic and career advisors are dedicated to helping you balance school with your career and life responsibilities.

## **Introductory Trial Period**

Make sure online learning at Purdue Global is right for you. Enroll in the University and try our classes for 3 weeks — before you owe any tuition. That's the Purdue Global Commitment.<sup>3</sup>

## **An Education That's Ranked and Respected**

Purdue Global is part of the respected Purdue University system. One of the most prestigious research universities in the world, Purdue is ranked #16 most innovative company in the world alongside Open AI, NASA, and Microsoft.<sup>4</sup>

## **BUILD THE CORE SKILLS AND COMPETENCIES THAT EMPLOYERS DEMAND**

Gain the administrative, ethical, and professional skills to take on leadership positions throughout the health care field. The program prepares you to do the following:

- Design and administer health and wellness promotion programs.
- Provide products and exercise and fitness programs to help clients reach optimum wellness.
- Maintain relationships with health promotion agencies, organizations, and professional health and wellness associations.
- Work with clients one-on-one and in group settings on stress and time management, lifestyle balance, and other key wellness factors.
- Train and educate clients on issues in contemporary diet and nutrition, as well as healthy eating at all stages of life.
- Evaluate current research in nutrition, exercise science, health psychology, stress management, and complementary and integrative medicine.
- Exhibit multicultural literacy in the fields of health care and wellness promotion.

# Curriculum

Our comprehensive curriculum covers the major concepts, theoretical perspectives, and historical trends in nutrition, exercise science, health psychology, stress management, and complementary and alternative medicine. The courses are reviewed and revised regularly by industry experts to ensure they reflect the most recent developments in the field.

## Health and Wellness Courses:

- Current Trends in Exercise and Fitness—Aging Well Across the Life Span
- Complementary and Integrative Medicine
- Models for Health and Wellness
- Contemporary Diet and Nutrition
- Stress—Critical Issues in Management and Prevention
- Creating Wellness—Psychological and Spiritual Aspects of Healing
- Health and Wellness Programming—Design and Administration

## Capstone Project

The program culminates in a final capstone project, in which you can demonstrate your ability to apply the concepts and skills you study online to real-world scenarios.

## Program Detail

### **Credit Hours:**

Core: 45

Major: 60

Open Electives: 75

**Total: 180**

### **Program Length:** 2–4 years

(With transfer credit and other prior experience, the average completion time for Purdue Global bachelor's degree graduates in 2021-2022 was 2 years.)<sup>5</sup>

### **Course Load:** 2 per term

**Terms:** 10 weeks long

**Start Dates:** Throughout the year

**Delivery:** 100% online

## Additional Programs

### **Bachelor's Degrees**

- Health Care Administration
- Health Information Management
- Health Education and Promotion
- Health Science
- Nutrition

### **Master's Degrees**

- Health Care Administration
- Health Education and Promotion
- Health Informatics
- Public Health

### **Doctor of Health Science**



# Career and Networking Opportunities

## Industry Outlook

- Employment of **health educators** is expected to grow much faster than the average for all occupations from 2022 to 2032.<sup>6</sup>
- Health care occupations are projected to add more jobs than any of the other occupational groups, with **about 1.8 million new jobs** by 2032.<sup>6</sup>
- In 2018, more than 30% of adults in the U.S. reported using complementary and alternative medicine and therapies.<sup>7</sup>

## Career Pathways and Outcomes<sup>8</sup>

### Roles

- Health educator
- Community and social service manager
- Corporate health consultant
- Medical and health services manager

### Settings

- Hospitals
- Private medical offices
- Public health agencies
- Corporate wellness centers
- College health services/schools
- Insurance agencies
- Pharmaceutical companies
- Fitness centers/gyms
- Community centers

## Center for Career Advancement

Our team of Career Specialists helps connect students with job and networking opportunities, and offers the following assistance:

- Career assessment/exploration
- Resume and cover letter review
- Interview preparation/mock interviews
- Portfolio development to showcase your skills
- Assistance in building an online presence
- Job search and networking support
- Virtual career fairs
- 24/7 online access to job openings and career development tools



*Our Health and Wellness program is a transformative journey that equips students with the knowledge and skills to empower individuals and communities to lead healthier, balanced lives. It intertwines the realms of science, compassion, and personal growth, creating graduates who are catalysts for positive change in the world of wellness."*

**Jericho Leftwich**

**BCDNM, MPH, M.Msc., BCHHP, BCHP, B.Msc, CMH, Faculty<sup>9</sup>**

## Accredited by the Higher Learning Commission

The HLC (HLCCommission.org) is an institutional accreditation agency recognized by the U.S. Department of Education.

## Military Friendly

We offer reduced tuition rates for servicemembers, veterans, and spouses.

**Contact an Admissions Advisor at 844-PURDUE-G or visit [PurdueGlobal.edu](https://PurdueGlobal.edu).**

### IMPORTANT INFORMATION: PLEASE READ

For comprehensive consumer information, visit [Info.PurdueGlobal.edu](https://Info.PurdueGlobal.edu).

- 1 Purdue Global does not guarantee transferability of credit. Future transfer credit savings are subject to review and the academic policies of Purdue Global. See the University Catalog for Prior Learning Assessment policy.
- 2 Estimated graduation date is based on the assumption that you will enroll in time to begin classes on the next upcoming start date, will remain enrolled for each consecutive term, and will maintain satisfactory academic standing in each term to progress toward completion of your program. Completion time is based on a full-time schedule. Programs will take longer for part-time students to complete.  
To start a Graduate Program Pathway, students should consult with their Student Advisor to confirm eligibility. Not all Graduate Program Pathways are available on all tracks, and some may require students to meet academic standards to continue taking graduate courses in their bachelor's degree program. Visit the University Catalog for more information.
- 3 Students who inform Purdue Global they do not wish to pursue the program during the 3-week trial will not be charged. Students who choose to continue at Purdue Global will be billed for the full first term's tuition, including the 3-week trial, and will need to meet other specific requirements. Classes will be applied toward a degree if satisfactorily completed and students select to continue their studies at Purdue Global. No credits are earned if the student withdraws during the introductory period (3 weeks for new qualifying undergraduate students), which begins day one of the first term. Graduate programs and BS in Professional Flight not included. Additional terms may apply to international and non-U.S. citizen students. For further information, see the University Catalog.
- 4 Source: [www.fastcompany.com/most-innovative-companies/list](https://www.fastcompany.com/most-innovative-companies/list). Rankings apply to Purdue University West Lafayette and not to Purdue Global.
- 5 The average completion time for Purdue Global online bachelor's degree students who graduated in the 2021-2022 academic year was 2.1 years. Source: Purdue Global Office of Reporting and Analysis, July 2022.
- 6 Source: U.S. Department of Labor, Bureau of Labor Statistics, *Occupational Outlook Handbook*, Medical and Health Services Managers, Health Educators, and Healthcare Occupations. National long-term projections may not reflect local and/or short-term economic or job conditions, and do not guarantee actual job growth.
- 7 Source: National Center for Complementary and Integrative Health/National Institutes of Health, *Complementary, Alternative, or Integrative Health: What's In a Name?*, updated July 2018.
- 8 Purdue Global does not guarantee employment placement or career advancement. Actual outcomes vary by geographic area, previous work experience and opportunities for employment.
- 9 This testimonial was obtained by Purdue Global. The views and opinions expressed are those of the individual; student experiences may vary.