

BACHELOR OF SCIENCE IN HEALTH AND WELLNESS



ADVANCE YOUR CAREER HELPING OTHERS LEAD HEALTHIER LIVES

With the growing emphasis on healthy lifestyles and preventive care, opportunities in wellness-related industries are expanding. Health and wellness professionals provide support, expertise, and education to promote healthy lifestyles and help prevent illness or injury. Purdue University Global's Bachelor of Science in Health and Wellness helps you broaden your knowledge and skills with a mind-body-spirit approach to health and wellness—and be ready to further your career in this exciting field.

WHY STUDY AT PURDUE GLOBAL'S SCHOOL OF HEALTH SCIENCES?

FLEXIBILITY FOR WORKING ADULTS

Complete your degree 100% online, on your schedule. In addition, you can visit one of our regional locations to take advantage of local, onsite support and services.

TRANSFER CREDITS

Transfer up to 75% of your degree requirements to accelerate completion of your degree and save on tuition.¹

ACCELERATED MASTER'S DEGREE OPTION

Fast track your master's degree. You can complete graduate-level courses as part of your bachelor's program, shortening your Purdue Global health sciences master's degree by five courses.²

FACULTY EXPERTISE

Learn from experienced health care professionals currently active in the field. They include licensed acupuncturists, personal trainers, nutritionists, naturopathic physicians, chiropractic physicians, herbalists, and more. All professors possess advanced academic degrees.

HANDS-ON, PRACTICAL LEARNING

Interactive, real-world experience is featured throughout the program, making your education engaging and relevant.

ONE-ON-ONE MENTORING

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.³

NATIONALLY RANKED AND RESPECTED

Purdue Global is part of the respected Purdue University system. One of the most prestigious research universities in the world, Purdue University is ranked in the top 10 best public universities in the U.S. by *The Wall Street Journal/Times Higher Education*.⁴

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:	33
Major:	60
Open Electives:	87
Total:	180

Program Length: 2–4 years⁵

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 Science
- Nutrition

Master's Degrees

- Health Care Administration
- Health Education
- Health Informatics
- Health Information Management
- Public Health



CAREER AND NETWORKING OPPORTUNITIES

INDUSTRY OUTLOOK

- Employment of **health educators** as well as **medical and health services managers** is expected to grow much faster than the average for all occupations from 2016 to 2026.⁶
- Health care occupations are projected to add more jobs than any of the other occupational groups, with **2.4 million new jobs** by 2026.⁶
- More than 30% of adults in the U.S. report using complementary and alternative medicine and therapies.⁷

CAREER PATHWAYS AND OUTCOMES⁸

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

CAREER SERVICES

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

“The value of the health and wellness program is immense. I have seen students open their minds to new realities and new opportunities simply by being exposed to the ‘big picture’ ideas and experiences in these courses. When students are recognized as unique human beings with aspirations of helping others, the results are inspiring.”

Earon Davis, JD

School of Health Sciences Adjunct Faculty⁹

Accredited by The Higher Learning Commission

This accreditation covers all academic programs, all regional locations, and all programs provided via distance education. Contact the HLC at HLCcommission.org or call 800-621-7440.

Military Friendly

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



This accolade was awarded prior to the March 2018 purchase of Kaplan University by Purdue University and subsequent creation of Purdue University Global. Purdue Global cannot guarantee future accolades.

Contact an Admissions Advisor at **844-PURDUE-G** or visit **PurdueGlobal.edu**.

IMPORTANT INFORMATION: PLEASE READ

For comprehensive consumer information, visit 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 The University cannot guarantee that students will be granted admission to any future programs. Speak to an Advisor about admissions requirements and transfer credit opportunities and see the University Catalog for the Prior Learning Assessment policy.
- 3 No financial obligation beyond the application fee. 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. Students who choose to continue their studies at Purdue Global will need to meet specific requirements. Graduate programs not included. Additional terms may apply to international and non-U.S. citizen students. For further information, see the University Catalog.
- 4 Source: www.timeshighereducation.com/student/best-universities/best-public-universities-united-states. Rankings apply to Purdue University West Lafayette and not to Purdue Global.
- 5 Purdue Global online bachelor's degree students who graduated in the 2017–2018 academic year and applied eligible external (transfer, experiential, or credit by exam) credits earned an average of 82 credits or 8 terms toward their total degree. This excludes undergraduate nursing students. Term estimates are based on completion of two 5- or 6-credit courses per term. Individual credits earned will vary. Please see the University Catalog for Purdue Global's Prior Learning Assessment policy. Source: Purdue Global Office of Records Analysis and Reporting.
- 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 cannot guarantee employment or career advancement. Prior experience may be necessary for leadership positions. Additional certification or licensing may be required to work in certain fields.
- 9 This testimonial was obtained by Purdue University Global. The views and opinions expressed are those of the individual; student experiences may vary.