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.

**Accelerated Master’s Degree Option**

Complete up to five graduate-level courses as part of your bachelor’s program and get a head start on your Purdue Global health sciences master’s degree.

**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.

**An Education That’s Proven and Respected**

Purdue Global is backed by Purdue University. One of the most prestigious universities in the world, Purdue ranked #16 overall and #1 in education among Fast Company magazine’s prestigious World’s Most Innovative Companies.

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**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.
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.)

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 2032.⁶
• Health care occupations are projected to add more jobs than any of the other occupational groups, with about 1.8 million new jobs by 2032.⁶
• In 2018, more than 30% of adults in the U.S. reported using complementary and alternative medicine and therapies.⁷

Career Pathways and Outcomes

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, Faculty⁸

Accredited by the Higher Learning Commission

The HLC (HLCommission.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.