

bachelor of arts in health and wellness

Bachelor of Arts in Health and Wellness: Your Path to a Rewarding Career

Are you passionate about helping others achieve their optimal health and well-being? Do you find yourself drawn to the holistic aspects of health, beyond just the medical model? Then a Bachelor of Arts in Health and Wellness might be the perfect path for you. This comprehensive guide will explore everything you need to know about this exciting and increasingly in-demand degree, from curriculum details and career prospects to choosing the right program and understanding the benefits of a BA over other health-related degrees. We'll delve deep into what makes this degree unique and why it's becoming a cornerstone of modern healthcare.

What is a Bachelor of Arts in Health and Wellness?

A Bachelor of Arts (BA) in Health and Wellness is an undergraduate degree program that provides a broad-based education focusing on the multifaceted aspects of human health and well-being. Unlike more specialized degrees like nursing or physical therapy, a BA in Health and Wellness takes a holistic approach, encompassing physical, mental, emotional, and social well-being. The curriculum typically blends scientific knowledge with social sciences, humanities, and behavioral studies to provide a comprehensive understanding of health from multiple perspectives.

This interdisciplinary approach is what sets a BA in Health and Wellness apart. You'll gain a strong foundation in areas like:

Human Biology and Anatomy: Understanding the fundamental workings of the human body.

Psychology and Behavioral Health: Exploring the impact of mental health on overall wellness and learning effective coping mechanisms.

Nutrition and Dietary Science: Learning about the crucial role of nutrition in maintaining health and preventing disease.

Health Promotion and Disease Prevention: Developing strategies to encourage healthy lifestyles and prevent illness.

Community Health and Public Health: Understanding the social determinants of health and working within communities to improve well-being.

Health Policy and Advocacy: Learning about the political and social systems that influence health outcomes.

Wellness Coaching and Counseling Techniques: Developing skills to guide and support individuals on their wellness journeys.

Curriculum and Coursework: Expect a Diverse Learning Experience

The specific coursework will vary depending on the university and program, but you can expect a combination of lectures, labs, research projects, and potentially fieldwork or internships. Many

programs emphasize experiential learning, providing opportunities to apply your knowledge in real-world settings. Some common course titles you might encounter include:

Introduction to Health and Wellness
Human Anatomy and Physiology
Nutrition for Health and Wellness
Behavioral Health and Mental Wellness
Health Promotion and Disease Prevention Strategies
Community Health Assessment and Intervention
Health Communication and Advocacy
Research Methods in Health Sciences

Career Paths and Job Opportunities: A Wide Range of Possibilities

A Bachelor of Arts in Health and Wellness opens doors to a surprisingly wide range of career opportunities. Graduates are well-prepared for roles that require strong communication, interpersonal, and analytical skills, coupled with a comprehensive understanding of health and wellness principles. Some potential career paths include:

Wellness Coach: Guiding individuals towards healthier lifestyles through personalized plans.
Health Educator: Designing and delivering educational programs to promote healthy behaviors within communities.
Health and Wellness Program Manager: Developing and implementing health and wellness initiatives within organizations.
Public Health Specialist: Working to improve the health of populations through research, policy, and community engagement.
Corporate Wellness Coordinator: Creating and managing wellness programs for employees in corporate settings.
Community Health Worker: Providing support and resources to individuals and communities facing health challenges.
Research Assistant: Contributing to research projects focused on various aspects of health and well-being.
Health Writer or Journalist: Communicating health information to the public through various media channels.

Choosing the Right Bachelor of Arts in Health and Wellness Program

Selecting the right program is crucial. Consider factors such as:

Accreditation: Ensure the program is accredited by a reputable organization.
Curriculum: Review the course offerings to ensure they align with your interests and career goals.
Faculty Expertise: Look for programs with faculty who are leaders in their respective fields.
Experiential Learning Opportunities: Seek programs that offer internships, fieldwork, or research opportunities.
Career Services: A strong career services department can provide valuable support in your job search.

Location and Campus Culture: Consider factors like campus size, location, and overall learning environment.

BA vs. Other Health-Related Degrees: Understanding the Differences

While other degrees like nursing or physical therapy focus on specific healthcare professions, a BA in Health and Wellness provides a broader perspective. It's a great foundation for those who want a career in health and wellness but aren't necessarily interested in a clinical role. It's also an excellent stepping stone for further studies in related fields like public health, occupational therapy, or even medical school.

Conclusion

A Bachelor of Arts in Health and Wellness offers a rewarding path for those who are passionate about promoting health and well-being. Its holistic approach, diverse curriculum, and wide range of career opportunities make it an attractive option for aspiring health professionals. By carefully considering your career aspirations and selecting a program that aligns with your interests, you can embark on a journey that leads to a fulfilling and impactful career in the dynamic field of health and wellness.

FAQs

1. Is a BA in Health and Wellness a good career choice? Yes, if you are passionate about helping others achieve optimal well-being and are interested in a holistic approach to health, a BA in Health and Wellness can be an excellent career choice. The field is growing, and there's a high demand for skilled professionals.
1. What is the salary potential for a BA in Health and Wellness graduate? Salaries vary widely depending on the specific career path, location, and experience. However, many graduates find rewarding and competitive salaries.
1. Can I go to graduate school after a BA in Health and Wellness? Absolutely! A BA in Health and Wellness is an excellent foundation for further studies in fields such as public health, health administration, or other related disciplines.
1. Are there online Bachelor of Arts in Health and Wellness programs available? Yes, many universities offer online or hybrid programs, allowing for flexibility in your learning experience.

1. What are some important skills I will learn in a BA in Health and Wellness program? You'll develop strong communication, critical thinking, problem-solving, research, and interpersonal skills, along with a deep understanding of holistic health and wellness principles.

bachelor of arts in health and wellness: Research Methods in Physical Activity Jerry R. Thomas, Philip Martin, Jennifer L. Etnier, Stephen J. Silverman, 2022-05-03 Research Methods in Physical Activity, Eighth Edition, offers step-by-step information for every aspect of the research process, providing guidelines for research methods so that students feel capable and confident using research techniques in kinesiology and exercise science disciplines

bachelor of arts in health and wellness: *Fit and Well* Thomas Davin Fahey, 2013-02

bachelor of arts in health and wellness: Community Health and Wellness Jill Clendon, Ailsa Munns, 2022-09 With the majority of graduate nurses going on to work in primary health, Community Health and Wellness provides the reader with the knowledge and tools they need to practise competently and safely in the community. The book provides an overview of primary healthcare principles and how to apply them, enabling a deep understanding of the role of the community health nurse in providing holistic individual and community care within an interdisciplinary healthcare environment. Continuous real-world case studies throughout enable the reader to understand how the social determinants of health influence each family member's life, their communities and the challenges they face. This seventh edition has been written by nursing experts Dr Jill Clendon and Dr Ailsa Munns, and incorporates feedback from students, users and practising community health nurses to ensure it meets the needs of today's students as they embark on their career beyond academia. Takes a unique socio-ecological approach to community health - including health promotion, health literacy and a range of health interventions Key points and information boxes allow easy navigation Case studies link theory and principles to practice Templates and tools to conduct community assessments Links to resources for further reflection An eBook included in all print purchases Additional resources on Evolve: eBook on VitalSource Instructor resources: Power Points Tutorial Activities Image Library Critical Thinking Questions and Answers Student resources: Online Care Plans Online Material - Chapter 10 Research Guide: from question to solution Weblinks Significant updates throughout More content on public health and infectious disease management, including current pandemics and epidemics Improved content on cultural safety and care planning

bachelor of arts in health and wellness: Methods for Community Public Health Research Jessica G. Burke, Steven Mark Albert, 2014-03-11 Print+CourseSmart

bachelor of arts in health and wellness: *Communicating Health* Nova Corcoran, 2013-02-01 Communication skills are essential to effective health promotion and public health practice. This textbook bridges the gap between health communication theory and health promotion and public health practice. It provides students and practitioners with the knowledge and skills they need to design, plan, implement and evaluate programmes and campaigns. Now in its second edition, topics covered in the book include: - Mass media - Diverse audiences - Evaluation - Media analysis - Campaign monitoring Case studies and interactive activities in each chapter encourage critical thinking and creative campaign design practice. It will be a valuable resource for students, lecturers and practitioners working across health promotion, public health, communication, media, healthcare and nursing fields. Nova Corcoran works as a Senior Lecturer in public health and health promotion at the University of Glamorgan.

bachelor of arts in health and wellness: White Awareness Judy H. Katz, 1978 Stage 1.

bachelor of arts in health and wellness: *Strength Coaching in America* Jason P. Shurley, Jan Todd, Terry Todd, 2019-12-13 It's hard to imagine, but as late as the 1950s, athletes could get kicked off a team if they were caught lifting weights. Coaches had long believed that strength training would slow down a player. Muscle was perceived as a bulky burden; training emphasized speed and strategy, not "brute" strength. Fast forward to today: the highest-paid strength and conditioning coaches can now earn \$700,000 a year. *Strength Coaching in America* delivers the fascinating history behind this revolutionary shift. College football represents a key turning point in this story, and the authors provide vivid details of strength training's impact on the gridiron, most significantly when University of Nebraska football coach Bob Devaney hired Boyd Epley as a strength coach in 1969. National championships for the Huskers soon followed, leading Epley to launch the game-changing National Strength Coaches Association. Dozens of other influences are explored with equal verve, from the iconic Milo Barbell Company to the wildly popular fitness magazines that challenged physicians' warnings against strenuous exercise. Charting the rise of a new athletic profession, *Strength Coaching in America* captures an important transformation in the culture of American sport.

bachelor of arts in health and wellness: *Communities in Action* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

bachelor of arts in health and wellness: *A Soft Voice in a Noisy World* Karl Robb, 2012-11 A compilation of insights, practical tools and inspirational suggestions for improving mind-body connection and empowering healing.

bachelor of arts in health and wellness: *Exposed Science* Sara Shostak, 2013-02-15 We rely on environmental health scientists to document the presence of chemicals where we live, work, and play and to provide an empirical basis for public policy. In the last decades of the 20th century, environmental health scientists began to shift their focus deep within the human body, and to the molecular level, in order to investigate gene-environment interactions. In *Exposed Science*, Sara Shostak analyzes the rise of gene-environment interaction in the environmental health sciences and examines its consequences for how we understand and seek to protect population health. Drawing on in-depth interviews and ethnographic observation, Shostak demonstrates that what we know - and what we don't know - about the vulnerabilities of our bodies to environmental hazards is profoundly shaped by environmental health scientists' efforts to address the structural vulnerabilities of their field. She then takes up the political effects of this research, both from the perspective of those who seek to establish genomic technologies as a new basis for environmental regulation, and from the perspective of environmental justice activists, who are concerned that their efforts to redress the social, political, and economical inequalities that put people at risk of environmental exposure will be undermined by molecular explanations of environmental health and illness. *Exposed Science* thus offers critically important new ways of understanding and engaging

with the emergence of gene-environment interaction as a focal concern of environmental health science, policy-making, and activism.

bachelor of arts in health and wellness: Exploring the Pressures of Medical Education From a Mental Health and Wellness Perspective Smith, Christina Ramirez, 2017-10-31

Discussions surrounding mental health are becoming more prominent and these conditions are becoming less stigmatized. Studying the effects that mental wellness has on students within the medical field can provide an insider perspective on this critical topic. Exploring the Pressures of Medical Education From a Mental Health and Wellness Perspective is a critical reference source that examines the mental and emotional problems that arise with students practicing in the medical field. Featuring relevant topics such as student burnout, cognitive learning, graduate education, and curriculum development, this scholarly publication is ideal for medical practitioners, academicians, students, and researchers that are interested in staying apprised of the latest trends and developments relating to mental wellness.

bachelor of arts in health and wellness: Introduction to Health Care Dakota Mitchell, Lee Haroun, 2012-07-25 INTRODUCTION TO HEALTH CARE, 3E provides learners with an easy-to-read introduction to the foundational skills necessary for a range of health care professions. This redesigned and updated new edition offers a comprehensive but introductory survey of basic clinical health care skills for learners entering health care programs or for those that think they may be interested in pursuing a career in health care. Core competencies shared by all health care professions such as communication, infection control, and professionalism are provided to expose learners to the reality of practice. This book emphasizes developing critical thinking skills through a five-step problem solving model that teaches how to assess a situation, consider alternatives, choose an appropriate alternative, evaluate the results, and revise as needed. This resource demonstrates how to think like a health care professional and is a terrific first step towards a rewarding career. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

bachelor of arts in health and wellness: Attunement in Expressive Art Therapy Mitchell Kossak, 2021-06-25 This new second edition of Attunement in Expressive Arts Therapy: Toward an Understanding of Embodied Empathy has been extensively revised. The book addresses how the arts can be applied therapeutically for mental, emotional and spiritual health. The therapeutic practices offer expanded ways of being attuned to emotional states and life conditions with individuals, relationships, groups, and communities. Specific topics include: the contexts of attunement in the arts and therapy, tuning in to embodied creative intelligence, attunement and improvisation, rhythm and resonance, and the sense of balance achieved through affective sensory states. Each chapter clearly articulates how to utilize the arts to tune in to self, other, and a larger sacred presence. The poignant stories from the author's 35 years as an artist and therapist allows the reader to experience how the arts have been used throughout history to maintain healthy physical, emotional and spiritual well-being. Spontaneity, heightened sensitivity to inner states, deep connectivity to self and other, and an awareness of energetic and embodied shifts in consciousness are explored. It will be an excellent resource for those interested in learning how to engage with individuals and communities in order to address complex life challenges.

bachelor of arts in health and wellness: A critical appraisal of research in arts, health and wellbeing Stephen Clift, Gunter Kreutz, Stephen Pritchard, Michael Koon Boon Tan, Kai Lehtikainen, Andre De Quadros, Esther Coren, Kate Phillips, 2023-06-23

bachelor of arts in health and wellness: ACSM's Resources for the Personal Trainer American College of Sports Medicine, 2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

bachelor of arts in health and wellness: The Literate Classroom Prue Goodwin, 2010-12-16

Now in its third edition, *The Literate Classroom* offers essential information and advice from leading experts about the teaching of primary English to students, NQTs and less confident teachers of literacy. Presenting a range of refreshing and challenging viewpoints from experienced classroom practitioners, this book describes how the theory behind key areas of literacy teaching can be transformed into realistic learning experiences within the classroom. Split into five sections, this book outlines effective measures in inspiring children to become confident with all aspects of literacy through speaking and listening, creative approaches to reading and writing and new experiences with poetry and drama. This fully updated edition includes: shared and guided reading and writing guidance on literacy teaching with EAL pupils comprehension through response to children's literature working with drama, ICT, poetry and language study new chapters on speaking and listening, reading aloud to children and children's development as independent readers. This accessible and informative collection is a must-have for all trainee and practising teachers, as well as teaching assistants and support workers, looking to enhance literacy learning in the primary classroom.

bachelor of arts in health and wellness: *Health Opportunities Through Physical Education*

Charles B. Corbin, Karen E. McConnell, Guy C. Le Masurier, David E. Corbin, Terri D. Farrar, 2014-05-28 This innovative new textbook, with a full suite of related resources, has been created to support student development and enhancement of healthy behaviors that influence their lifestyle choices and fitness, health, and wellness. A key feature of this curriculum is the complete integration of physical education and health concepts and skills to maximize student interest, learning, and application. This objective was accomplished by combining the expertise of our author teams from two related textbooks--*Fitness for Life*, Sixth Edition, and *Health for Life*. This is not just a health textbook with a few physical education concepts thrown in. School systems that want a single textbook to help them address both physical education and health education standards will find that this book provides them a unique and cost-effective option. *Health Opportunities Through Physical Education* is available in print and digital formats, including an iBooks interactive version for iPads plus other e-book formats that students can use across a variety of platforms. Part I, *Fitness for Life*, will help students become physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. The book will guide students in becoming informed consumers on matters related to lifelong physical activity and fitness, taking responsibility for setting individualized goals, and making their own plans for active living. To accomplish this overarching goal, they learn a variety of self-management skills, including self-assessment. The program is based on established educational theory, which is outlined in the teacher web resources. And they learn all of this through a combination of classroom and physical activity lessons that meet national, state, and local physical activity guidelines and help instill a love for lifetime fitness activities. Part I also enables students to achieve the following goals:

- Meet college and career readiness standards by learning and using critical thinking, decision making, and problem-solving skills
- Use the Stairway to Lifetime Fitness concept, created by author Chuck Corbin, to encourage higher-order learning (move from dependence to independence)
- Perform self-assessments, including all tests in the Fitnessgram battery and the Presidential Youth Fitness Program

Part I includes many features that actively engage students by allowing them to:

- Assess their own fitness and other health and wellness factors to determine personal needs and assess progress resulting from healthy lifestyle planning.
- Use Taking Charge and Self-Management features to learn self-management skills (e.g., goal setting, self-monitoring, self-planning) for adopting healthy lifestyles.
- Learn key concepts and principles, higher-order information, and critical thinking skills that provide the basis for sound decision making and personal planning.
- Do reading and writing assignments as well as calculations that foster college and career readiness.
- Try out activities that are supported by lesson plans offered in the teacher web resources and that can help students be fit and active throughout their lives.
- Take part in real-life activities that show how new information is generated by using the scientific method.
- Become aware of and use technology to learn new

information about fitness, health, and wellness and learn to discern fact from fiction. • Use the web and the unique web icon feature to connect to relevant and expanded content for essential topics in the student web resource. • Find Academic Connections that relate fitness topics to other parts of the curriculum such as science, language arts, and math. • Use other features such as fitness quotes, consumer corner, Fit Facts, and special exercise features (including exercise and self-assessment videos) that promote higher-order learning. • Focus their study time by following cues from Lesson Objectives and Lesson Vocabulary elements in every chapter. • Use the chapter-ending review questions to test their understanding of the concepts and use critical thinking and project assignments to meet educational standards, including college and career readiness standards. Part II, Health for Life, teaches high school students the fundamentals of health and wellness, how to avoid destructive habits, and how to choose to live healthy lives. This text covers all aspects of healthy living throughout the life span, including preventing disease and seeking care; embracing the healthy lifestyles choices of nutrition and stress management; avoiding destructive habits; building relationships; and creating healthy and safe communities. Part II also has an abundance of features that help students connect with content: • Lesson Objectives, Lesson Vocabulary, Comprehension Check, and Chapter Review help students prepare to dive in to the material, understand it, and retain it. • Connect feature spurs students to analyze various influences on their health and wellness. • Consumer Corner aids students in exploring consumer health issues. • Healthy Communication gets students to use and expand their interpersonal communication skills as they share their views about various health topics. • Skills for Healthy Living and Making Healthy Decisions help students learn and practice self-management so they can make wise choices related to their health and wellness. • Planning for Healthy Living assists students in applying what they've learned as they set goals and establish plans for behavior change. • Self-Assessment offers students the opportunity to evaluate their health habits and monitor improvement in health behaviors. • Find Academic Connections that relate fitness topics to other parts of the curriculum such as science, language arts, and math. • Take It Home and Advocacy in Action prepare students to advocate for health at home and in their communities. • Health Science and Health Technology focus on the roles of science and technology as they relate to health and where science and technology intersect regarding health issues. • Living Well News challenges students to integrate health literacy, math, and language skills to better understand a current health issue.

bachelor of arts in health and wellness: Professional Well-Being Grace Gengoux, Ph.D., BCBA-D, Sanno E. Zack, Ph.D., Jennifer L. Derenne, M.D., Athena Robinson, Ph.D., Laura B. Dunn, M.D., Laura Weiss Roberts, M.D., M.A., 2020-03-24 This volume is a collaboration by several psychiatrists and psychologists who posit a new culture, one that is supportive of the health and well-being of health care professionals and the patients and populations they serve. The individual and systemic barriers to professional well-being and the unique challenges faced by health care providers at different stages of professional and personal development are examined. Personal resilience and realistic strategies to improve well-being are discussed. Detailed case studies and vignettes and thought-provoking discussion questions and exercises are included--

bachelor of arts in health and wellness: Community Health and Wellness Anne McMurray, 2006-11 An understanding of the social environment is still critical to the text but in this edition the settings such as school, workplace and cities are integrated throughout. The socio-ecological determinants of health are considered at the forefront, with a greater emphasis on the implications of globalisation and health.

bachelor of arts in health and wellness: The Pig Book Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102

million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, The Pig Book proves one thing about Capitol Hill: pork is king!

bachelor of arts in health and wellness: Oxford Textbook of Creative Arts, Health, and Wellbeing Stephen Clift, Paul Marc Camic, 2016 There is growing interest internationally in the contributions which the creative arts can make to wellbeing and health in both healthcare and community settings. A timely addition to the field, this book discusses the role the creative arts have in addressing some of the most pressing public health challenges faced today. Providing an evidence-base and recommendations for a wide audience, this is an essential resource for anyone involved with this increasingly important component of public health practice.

bachelor of arts in health and wellness: Introduction to Exercise Science Terry J. Housh, Dona J. Housh, Glen O. Johnson, 2017-09-01 The fifth edition of Introduction to Exercise Science introduces students to every core area of study in the discipline. It comprises concise chapters which introduce the history, key lines of inquiry relating to both health and performance, technology, certifications, professional associations, and career opportunities associated with each area. No other book offers such a wide-ranging, evidence-based introduction to exercise science. Written by leading and experienced experts, chapters include: reading and interpreting literature measurement in exercise science anatomy in exercise science exercise physiology exercise epidemiology athletic training exercise and sport nutrition biomechanics motor control exercise and sport psychology Packed with pedagogical features—from journal abstract examples to study questions and further reading suggestions—and accompanied by a website including practical lab exercises, Introduction to Exercise Science is a complete resource for a hands-on introduction to the core tenets of exercise science. It is an engaging and invaluable textbook for students beginning undergraduate degrees in Kinesiology, Sport & Exercise Science, Sports Coaching, Strength & Conditioning, Athletic Training, Sports Therapy, Sports Medicine, and Health & Fitness.

bachelor of arts in health and wellness: The Awakening, Pieces of Life Volume 2 Serena T. Wills, 2019-12-11 From the author of Reconstruction, Pieces of Life Volume 1 and Crying Tears of Teal, Serena continues where she left off with a book filled with the ebbs and flow of life while one is healing from a relationship. As one was reconstructing their foundation based on giving too much of themselves to someone, in Pieces of Life, Volume 1, and rediscovering their spirituality and loving themselves, other things were happening. The pathway still has it's challenges and opposition such as work place blues, racial incidents, illness and losing loved ones. It also has great joy and opportunities are birthed, through creativity, taking a leap of faith and rediscovering ones passion. Come along this new poetic journey that reflects on the path of one being raised without a father, trials and tribulations, cradling a baby born to a teenage mother and beginning to discover their true calling in life. Experience The Awakening! I read Serena's poetry book every morning as a form of mental sustenance and meditation. She has brought more beauty to my world. Lindsay Greene, ESQ "Your writing is a gift from God, utilize it in every way possible." Kendall Washington, Published Author

bachelor of arts in health and wellness: Runner's World Run Less Run Faster Bill Pierce, Scott Murr, 2021-01-19 Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the 3 plus 2 program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while

helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program the most detailed, well-organized, and scientific training program for runners that I have ever seen.

bachelor of arts in health and wellness: Respiratory Care Dean Hess, 2011-08-24 A new edition of the classic text, is for respiratory care students who desire a complete and up to date exploration of the technical and professional aspects of respiratory care. With foundations in evidence-based practice, this resource reviews respiratory assessment, respiratory therapeutics, respiratory diseases, basic sciences and their application to respiratory care, the respiratory care profession, and much more. Edited and authored by leading experts, it incorporates the latest information on the practice of respiratory care into a well-organized, reader-friendly guide to help students learn to develop care plans, critical thinking skills, strong communication and patient education skills, and the clinical leadership skills needed to succeed. This text provides essential information in a practical and manageable format for optimal learning and retention. Features include Clinical Practice Guidelines, Key Points, and Respiratory Recaps to help students apply knowledge to practice and retain key information, as well as hundreds of glossary terms with clear definitions, and concise explanations of important concepts and equations. Also includes full color photos and illustrations, and content cross-referencing the NBRC examination matrices.

bachelor of arts in health and wellness: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

bachelor of arts in health and wellness: Mind, Body, Spirit Jocelyn Dodd, Ceri Jones, Research Centre for Museums and Galleries, 2014

bachelor of arts in health and wellness: NHA Phlebotomy Exam Study Guide Ascencia Phlebotomy Exam Prep Team, 2019-11-20 You might think this is just another study guide. However, our healthcare test prep isn't like other study guides. Because Ascencia Test Prep's unofficial NHA Phlebotomy Exam Study Guide: Test Prep and Practice Questions for the National Healthcareer Association Certified Phlebotomy Technician Exam offers you examples, graphics, and information, you'll benefit from a quick yet total review of everything on the exam! Imagine having your test prep materials on your phone or tablet! Ascencia Test Prep's NHA Phlebotomy Exam Study Guide comes with FREE practice questions, online flash cards, study cheat sheets, and 35 test tips, all available online. These easy to use materials will give you the edge you need to pass your exam the first time. The National Healthcareer Association was not involved in the creation or production of this product, is not in any way affiliated with Ascencia Test Prep, and does not sponsor or endorse this product. Ascencia Test Prep's NHA Phlebotomy Exam Study Guide offers you a full review of the subjects covered on the NHA Certified Phlebotomy Technician (CPT) exam, test tips and strategies,

real-world examples, and worked through practice problems. Our book covers: Online Resources Introduction Anatomy and Physiology Blood Specimen Collection Non-Blood Specimen Collection Specimen Handling, Transport and Processing Laboratory Operations ... and also includes 1 FULL practice test, so that you will be ready on test day.

bachelor of arts in health and wellness: *Educating the Student Body* Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. *Educating the Student Body* makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

bachelor of arts in health and wellness: *Foundations of Exercise Science* Gary Kamen, 2001 This entry-level text provides an overview of the human movement sciences, combining basic science principles with applications in exercise science. Topics covered include physiology of exercise, sports medicine prevention and rehabilitation.

bachelor of arts in health and wellness: Measurement and Evaluation in Human Performance James R. Morrow, Allen W. Jackson, James G. Disch, Dale P. Mood, 2006 *Measurement and Evaluation in Human Performance*, Third Edition, offers unmatched, in-depth instruction in measurement and evaluation techniques. Thoroughly revised and updated, the third edition features a new section on epidemiology and further develops international perspectives. This edition also features improved readability in measurement statistics and enhanced efficiency in solving measurement and evaluation problems through the use of the Statistical Package for the Social Sciences (SPSS). Additional features that are new to this edition: -Revised first chapter that lays the groundwork for improved learning throughout the text -Inclusion of a specific downloadable data set that is used as an example in many chapters -Removal of outdated and complicated statistical techniques, eliminating the need for a background in higher-level mathematics -Additional computer tasks in each chapter that tie earlier learning to specific applications -Decision scenarios similar to those made by human performance professionals to help students apply decision making skills to practical, real-life problems The text also increases the number of problem sets and places a greater emphasis on student-friendly learning through its learning aids, including chapter objectives, measurement and evaluation challenges, highlight features, mastery items, and new computer tasks for each chapter. *Measurement and Evaluation in Human Performance*, Third

Edition, will appeal to students by engaging them in the material to increase their comprehension, and to professionals through its depth of information and ease in locating it. Includes an online study guide! To assist students using the text, *Measurement and Evaluation in Human Performance*, Third Edition, has a companion online student study guide that allows students to interactively practice, review, and develop their understanding of measurement and evaluation processes so that they can make strong grades and valid decisions. Students will receive free access to the study guide with the purchase of a new text, or it may be purchased as a separate component. The online study guide is designed to help students learn, understand, and practice the main concepts of each chapter. Students will find selected answers to mastery items from the text, homework problems, selected homework answers, data matrixes to download, and multiple choice quizzes designed to test their knowledge of the textbook material. They will also find lecture outlines created by the authors to help them learn the key concepts, as well as links to related sites on the Web and a variety of test tips.

bachelor of arts in health and wellness: National Standards & Grade-Level Outcomes for K-12 Physical Education SHAPE America - Society of Health and Physical Educators, 2014-03-13 Focused on physical literacy and measurable outcomes, empowering physical educators to help students meet the Common Core standards, and coming from a recently renamed but longstanding organization intent on shaping a standard of excellence in physical education, National Standards & Grade-Level Outcomes for K-12 Physical Education is all that and much more. Created by SHAPE America — Society of Health and Physical Educators (formerly AAHPERD) — this text unveils the new National Standards for K-12 Physical Education. The standards and text have been retooled to support students' holistic development. This is the third iteration of the National Standards for K-12 Physical Education, and this latest version features two prominent changes: • The term physical literacy underpins the standards. It encompasses the three domains of physical education (psychomotor, cognitive, and affective) and considers not only physical competence and knowledge but also attitudes, motivation, and the social and psychological skills needed for participation. • Grade-level outcomes support the national physical education standards. These measurable outcomes are organized by level (elementary, middle, and high school) and by standard. They provide a bridge between the new standards and K-12 physical education curriculum development and make it easy for teachers to assess and track student progress across grades, resulting in physically literate students. In developing the grade-level outcomes, the authors focus on motor skill competency, student engagement and intrinsic motivation, instructional climate, gender differences, lifetime activity approach, and physical activity. All outcomes are written to align with the standards and with the intent of fostering lifelong physical activity. National Standards & Grade-Level Outcomes for K-12 Physical Education presents the standards and outcomes in ways that will help preservice teachers and current practitioners plan curricula, units, lessons, and tasks. The text also • empowers physical educators to help students meet the Common Core standards; • allows teachers to see the new standards and the scope and sequence for outcomes for all grade levels at a glance in a colorful, easy-to-read format; and • provides administrators, parents, and policy makers with a framework for understanding what students should know and be able to do as a result of their physical education instruction. The result is a text that teachers can confidently use in creating and enhancing high-quality programs that prepare students to be physically literate and active their whole lives.

bachelor of arts in health and wellness: Lust on Trial Amy Werbel, 2018-04-17 Anthony Comstock was America's first professional censor. From 1873 to 1915, as Secretary of the New York Society for the Suppression of Vice, Comstock led a crusade against lasciviousness, salaciousness, and obscenity that resulted in the confiscation and incineration of more than three million pictures, postcards, and books he judged to be obscene. But as Amy Werbel shows in this rich cultural and social history, Comstock's campaign to rid America of vice in fact led to greater acceptance of the materials he deemed objectionable, offering a revealing tale about the unintended consequences of censorship. In *Lust on Trial*, Werbel presents a colorful journey through Comstock's career that

doubles as a new history of post-Civil War America's risqué visual and sexual culture. Born into a puritanical New England community, Anthony Comstock moved to New York in 1868 armed with his Christian faith and a burning desire to rid the city of vice. Werbel describes how Comstock's raids shaped New York City and American culture through his obsession with the prevention of lust by means of censorship, and how his restrictions provided an impetus for the increased circulation and explicitness of "obscene" materials. By opposing women who preached sexual liberation and empowerment, suppressing contraceptives, and restricting artistic expression, Comstock drew the ire of civil liberties advocates, inspiring more open attitudes toward sexual and creative freedom and more sophisticated legal defenses. Drawing on material culture high and low, including numerous examples of the "obscenities" Comstock seized, *Lust on Trial* provides fresh insights into Comstock's actions and motivations, the sexual habits of Americans during his era, and the complicated relationship between law and cultural change.

bachelor of arts in health and wellness: Workplace Wellness Case Studies Healthcare Intelligence Network, 2006-03 The growth and market adoption of consumer-driven healthcare continues to drive health plans and employers to develop more widespread member and employee health improvement initiatives. Workplace Wellness Case Studies: Tactics To Promote Health and Reduce Risk looks at what's working in health plan wellness and health promotion programs award-winning and unique efforts, best practices, ROI, and lessons learned. Starting with case studies of health improvement innovations in place at three national health plans, this report then delves into two parallel tactics that are gaining ground among employers: pitting departments against each other in a friendly competition for the healthiest workers and rewarding employees for healthy lifestyle choices. Both the game plan for healthy workplace competition and a profusion of winning ideas for incentives are profiled here. You'll get case studies from some of the pioneers in wellness programming, including American Cast Iron Pipe Company, Excellus Blue Cross Blue Shield, Health Alliance Plan, HealthPartners, Meridian Health System, Texas Health Resources and Washoe County School District. You'll get details on: Analyzing the outcomes for a program run by Highmark to reverse heart disease; Formatting a wellness team; Designing incentives to increase wellness program participation; Evaluating the payback on wellness programs; Targeting your marketing to multiple audiences; Using health coaches in wellness programs; and Ensuring your wellness program's compliance with HIPAA. Table of Contents Winning Ideas in Health Plan Wellness and Health Improvement Programs *Case Study: HealthPartners Tackles Risk Factors with A Call to Change Anatomy of a Phone Line Program Curriculum Structure Improving Health Step by Step Program Evaluation *Case Study: Health Alliance Plan Goes On-Site to Impact Employee Health Work Site Health Promotion Program Coping With Flu Season Walking for Better Health Purchasers' Demand for Health Promotion Surges Sharing Best Practices in Work site Wellness Forum iStrive for Better Health Program Employer Partner Provides \$75 Reward for HRA Completion *Case Study: Mandatory HRAs and Wellness Interventions Reap Rewards for Highmark Blue Cross Blue Shield Employers Division Organization Choosing Interventions Embedding a Healthy Philosophy Into the Product Line HRAs Mandatory for Highmark Employees Outcomes *Healthy Competition: Taking the Team Approach to Wellness The Benefits of Teaming Up at Work Planning and Implementation Incentives Reduce Risk Selling the Program and Making it Work Setting the Price of Participation Real Team Competitions An Optimistic Outlook *Case Study: Meridian Health System Promotes a Healthy and Productive Workforce Changing the Employer Culture Fit to Win Weight Loss Program a 12-Week Effort Keep Programs Simple and Entertaining *Case Study: Washoe County School District Gets Good Grades in Health Promotion The Purpose of Wellness Programs: A Deeper Look Programs and Process Generate Progress Reading to Lose Weight, Improve Mental Health The Payback on Wellness Programs Some Encouraging Results *Case Study: Excellus Blue Cross Blue Shield Steps Up Web-Based Wellness Efforts Targeting Marketing to Multiple Audiences Free Step Up Program Open to Members and Non-Members Alike Putting Together a Healthy Competition Measuring Activity, Results and Awareness Incentives for Healthy Lifestyles Designing Incentives to Boost Outcomes Behavior's Role

in Health Status Incentives Influence Behavior, Corporate Culture Refining Requirements A Bona Fide Wellness Program The Challenges of Sustaining Participation Incentive Programs Behind-the-Scenes A Promising Prognosis*Case Study: ACIPCO Incentives Stimulate Gains in Productivity, Compliance and Safety The Building Blocks of Success Approach to Wellness at ACIPCO Important Indicators Incentive Insight from Experience*Case Study: Onus on THR Employees to Be Healthy A Unique Role Strategic Goals and Measurements THR's Long-Term Strategy Program Vision Impacting the Bottom Line Looking Ahead*Q&A: Ask the Experts More Medical Behavior Integration Incentives for HRA Participation Making HRA Completion Mandatory The Legal Ramifications of Incentives Assessing Readiness for Telephonic Coaching Who's Online Counseling for Occupational Traumatic Stress Role of Communications in Engaging Employees Employers Reaction to Workplace Wellness Engaging the Workforce Implications of the Selection Process Program Development and Decision-Making Getting on Board with Healthy Competition Programs Looking Ahead Most Effective Communications Tools Getting Participants to Track Their Progress Opening Programs to Non-Members Incentive Program Time Frame Sustaining Motivation Calculating Improvement in Complex Measures Self-Reported Behavior Change Software for Health Screenings Getting into the Wellness Game Employee Coverage Reporting ROI*Glossary *For More Information *About the Authors

bachelor of arts in health and wellness: *Foundations for Community Health Workers* Tim Berthold, Alma Avila, Jennifer Miller, 2009-08-13 *Foundations for Community Health Workers* Foundations for Community Health Workers is a training resource for client- and community-centered public health practitioners, with an emphasis on promoting health equality. Based on City College of San Francisco's CHW Certificate Program, it begins with an overview of the historic and political context informing the practice of community health workers. The second section of the book addresses core competencies for working with individual clients, such as behavior change counseling and case management, and practitioner development topics such as ethics, stress management, and conflict resolution. The book's final section covers skills for practice at the group and community levels, such as conducting health outreach and facilitating community organizing and advocacy. Praise for *Foundations for Community Health Workers* This book is the first of its kind: a manual of core competencies and curricula for training community health workers. Covering topics from health inequalities to patient-centered counseling, this book is a tremendous resource for both scholars of and practitioners in the field of community-based medicine. It also marks a great step forward in any setting, rich or poor, in which it is imperative to reduce health disparities and promote genuine health and well-being. Paul E. Farmer, MD., PhD, Maude and Lillian Presley Professor of Social Medicine in the Department of Global Health and Social Medicine at Harvard Medical School; founding director, Partners In Health. This book is based on the contributions of experienced CHWs and advocates of the field. I am confident that it will serve as an inspiration for many CHW training programs. Yvonne Lacey, CHW, former coordinator, Black Infant Health Program, City of Berkeley Health Department; former chair, CHW Special Interest Group for the APHA. This book masterfully integrates the knowledge, skills, and abilities required of a CHW through storytelling and real life case examples. This simple and elegant approach brings to life the intricacies of the work and espouses the spirit of the role that is so critical to eliminating disparities a true model educational approach to emulate. Gayle Tang, MSN, RN., director, National Linguistic and Cultural Programs, National Diversity, Kaiser Permanente Finally, we have a competency-based textbook for community health worker education well informed by seasoned CHWs themselves as well as expert contributors. Donald E. Proulx, CHW National Education Collaborative, University of Arizona

bachelor of arts in health and wellness: *Music and Sound in the Healing Arts* John Beaulieu, 1987 Based on seventeen years of experimentation, observation and experience in assisting people through music and sound, this book is a guide for anyone interested in understanding and using music as a powerful means of healing for themselves and others.

bachelor of arts in health and wellness: *The Joy of Natural Living* Luis S. R. Vas,

2001-08-03 True, synthetic materials and laboratory-created products and medicines etc., have a significant role to play in the modern life. But at the same time, we cannot underestimate the role of natural products and remedies. With this clear objective, this book incorporates research findings on health, psychology, body-care and spirituality with emphasis on the benefits of natural living. the authors hope the reader will be able to regain natural joy by experimenting with some of the advice from experts presented here. the book includes: Coping with stress through relaxation techniques and pleasant and positive thoughts. Role of diet in achieving mental & physical well-being. Safe and successful physical activity programme. Natural grooming and herbal preparation to attain increased self-confidence.

bachelor of arts in health and wellness: A Joyful Pause Nicole Taylor, 2018-07-31 A Joyful Pause is about coming home to yourself. Have you noticed that everything is changing? Work has shifting demands, home life is busy, and the world around us is changing at an unparalleled speed. Now is the time to find the place in each of us that is steady in the midst of change. Learning how to pause is a helpful practice. We can build the habit of taking a few moments out of each day to turn our awareness inward. The practices that restore body, mind, and connection to spirit take time, and they ask us to create a bit of quiet and some internalization. A Joyful Pause is structured to make this easy for you to do. The connection we seek is in the pause, and through that connection, we come to know that we are home. A Joyful Pause helps you fill your life with more connection. These practices are here to help you bring more of your whole self into your life every day and to feel the love that is always there, just under the surface of our experiences.

bachelor of arts in health and wellness: Higher Education Opportunity Act United States, 2008

bachelor of arts in health and wellness: Sociology of Health and Health Care Steve Taylor, David Field, 2007-05-07 Sociology and its applications are key components of the core foundation programme in nursing and healthcare. Sociology of health and health care is an essential textbook for all students of nursing and healthcare and is organised in four parts: the nature of sociology and sociological research; the social patterning of health and disease; the social aspects of illness and dying; and the organisation and delivery of health care. Sociology of health and health care explores the nature of sociology and sociological research and their application to health and health care. It explores the impact of current social contexts on health and healthcare and recent developments in healthcare policy and addresses their implications for nursing and inter-professional working. This fourth edition also examines new approaches to understanding social inequalities in health and experiences of chronic illness and dying.

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