

bachelors in health and wellness

Bachelor's 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 holistic approaches to health, preventative care, and empowering individuals to make positive lifestyle changes? If so, a bachelor's degree in health and wellness might be the perfect path for you. This comprehensive guide will explore everything you need to know about earning a bachelor's in health and wellness, from career prospects to curriculum specifics and choosing the right program. We'll dive deep into the rewarding career opportunities available, the skills you'll gain, and the steps you can take to launch a successful career in this rapidly growing field.

What is a Bachelor's Degree in Health and Wellness?

A bachelor's degree in health and wellness provides a robust foundation in various aspects of health promotion and disease prevention. It's more than just studying anatomy and physiology; it's about understanding the interconnectedness of physical, mental, and emotional well-being. The curriculum typically covers a wide range of topics, including:

Health Promotion and Disease Prevention: Students learn about strategies for promoting healthy lifestyles and reducing the risk of chronic diseases. This often involves understanding health disparities and creating culturally competent health interventions.

Nutrition and Wellness: A strong focus is placed on the role of nutrition in overall health, including understanding macronutrients, micronutrients, dietary guidelines, and the impact of food choices on well-being.

Exercise Physiology and Kinesiology: Students learn about the science of human movement and how exercise impacts health, fitness, and disease prevention. This often includes practical experience in fitness assessment and program design.

Behavioral Health and Wellness: This component delves into the psychology of health behavior, exploring factors influencing health choices and developing strategies for behavior change. This may include aspects of stress management, mindfulness, and coping mechanisms.

Community Health and Public Health: Many programs incorporate elements of community health, focusing on health initiatives within populations and addressing public health concerns.

Career Paths After Earning a Bachelor's in Health and Wellness

The beauty of a health and wellness degree lies in its versatility. Graduates find themselves well-prepared for a wide array of fulfilling careers, including:

Wellness Coach: Guide individuals and groups towards healthier lifestyles through personalized plans addressing nutrition, exercise, and stress

management.

Health Educator: Design and implement health education programs for diverse populations, promoting disease prevention and healthy behaviors.

Fitness Trainer/Instructor: Work with individuals and groups to develop fitness plans, provide exercise instruction, and promote healthy habits.

Corporate Wellness Specialist: Develop and implement wellness programs within organizations to improve employee health and productivity.

Health and Wellness Consultant: Advise individuals, businesses, and organizations on various aspects of health and wellness, including nutrition, fitness, and stress management.

Public Health Advocate: Work to improve community health through policy advocacy, research, and community outreach.

Research Assistant: Contribute to ongoing research in health and wellness, assisting with data collection and analysis.

Community Health Worker: Connect individuals and communities with essential health services and resources.

Choosing the Right Bachelor's in Health and Wellness Program

When selecting a program, consider the following factors:

Accreditation: Ensure the program is accredited by a reputable organization, ensuring the quality of education and increasing your career prospects.

Curriculum: Review the curriculum carefully to ensure it aligns with your interests and career goals. Look for programs offering practical experience through internships or fieldwork.

Faculty: Investigate the faculty's expertise and experience. A strong faculty can provide valuable mentorship and guidance.

Program Size and Location: Consider the size of the program and its location. Smaller programs may offer more personalized attention, while larger programs may offer a wider range of courses and resources. Location might be a factor depending on your career aspirations.

Career Services: A good program will provide robust career services, assisting graduates with job placement and networking opportunities.

Developing Essential Skills for Success

A bachelor's in health and wellness equips you with crucial skills highly valued in today's job market:

Communication: Effective communication is essential for building rapport with clients, educating communities, and collaborating with colleagues.

Critical Thinking: Analyzing information, identifying problems, and developing effective solutions are crucial skills in health and wellness.

Problem-Solving: The ability to address individual health challenges and develop tailored solutions is a core competency.

Interpersonal Skills: Building strong relationships with clients, colleagues, and community members is paramount.

Technological Proficiency: Familiarity with health technology, data analysis, and communication tools is increasingly important.

The Future of Health and Wellness Careers

The demand for health and wellness professionals is projected to continue growing significantly in the coming years. As individuals prioritize

preventative care and holistic well-being, the need for skilled professionals to guide and support them will only increase. This makes a bachelor's in health and wellness an excellent investment in your future.

Conclusion

Pursuing a bachelor's degree in health and wellness is a rewarding choice for individuals passionate about improving the lives of others. With a diverse range of career opportunities and a focus on essential skills, this degree offers a strong foundation for a fulfilling and impactful career in a rapidly evolving field. By carefully considering program features and cultivating key skills, you can position yourself for success in this growing sector.

FAQs

1. What is the average salary for a health and wellness professional with a bachelor's degree? Salaries vary greatly depending on the specific role, location, and experience. However, entry-level positions typically offer competitive salaries with potential for significant growth as experience and expertise increase.
1. Can I pursue a master's degree after completing a bachelor's in health and wellness? Yes, many graduates choose to further their education by pursuing a master's degree in areas such as public health, nutrition, exercise physiology, or health administration.
1. Are there online bachelor's programs in health and wellness? Yes, many universities and colleges now offer online or hybrid programs, providing flexibility for students who may not be able to attend traditional on-campus classes.
1. What types of internships or fieldwork opportunities are available? Opportunities vary by program but can include placements in health clinics, fitness centers, community organizations, hospitals, and research labs.
1. Is a bachelor's in health and wellness the only path to a career in this field? While a bachelor's degree provides a strong foundation, some roles may be accessible with associate degrees or certifications. However, a bachelor's degree generally opens up a broader range of career opportunities and advancement possibilities.

bachelors in health and wellness: Essentials of Health and Wellness James Robinson, Deborah J. McCormick, 2005 Each of the 13 million high school students in public high schools are required to take one semester of health education. For health instruction to be successful, the instructional program should be grounded in good science, include a behavioral component, and be packaged in a way that can be easily implemented. Essentials of Health and Wellness provides the teacher with everything needed to engage the learner and to create a successful health course. It is designed to be student friendly and is centered on the important, but often overlooked, notion of building personal wellness. All health concepts are brought back to the student, who is encouraged to develop positive wellness behaviors through the creation of a personal wellness plan. Based on the framework of the National Standards for School Health Education, this product is the total package for high school health education. With a small but rich ancillary offering, including a separate Sexuality Supplement (ISBN 1-4018-1525-1) that goes into greater detail about sensitive issues that may not be desirable to all school districts and a free Online Companion with additional lesson plans, teaching activities, and student worksheets, this text provides teachers with a well-rounded, effective system for health education instruction.

bachelors in health and wellness: Fit and Well Thomas Davin Fahey, 2013-02

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

bachelors in health and wellness: Concepts in Health and Wellness James Robinson, Deborah J. McCormick, 2011 CONCEPTS IN HEALTH AND WELLNESS is the ideal book to provide readers with essential personal health information they can use to develop a lifetime of wellness skills. This book is approachable, inviting and straightforward and will help readers develop the knowledge and motivation they need to maintain wellness throughout adulthood. More importantly, this book will empower readers with the skills to access credible health and wellness information now and in the years to come. CONCEPTS IN HEALTH AND WELLNESS meets the diverse needs and interests of readers regardless of the academic setting and is written in a style that is easily understood at all levels, but especially at the community college level. Each chapter contains special features that enhance the textual material and engage the reader through application exercises.

bachelors in health and wellness: Wellness: Concepts and Applications David Ansbaugh, Michael Hamrick, Frank Rosato, 2008-01-07 This text uses the foundations of the wellness movement - responsibility for oneself, behavior change and risk reduction, and health-care consumer awareness - to introduce students to the content needed for today's wellness courses. Offering balanced coverage of fitness and wellness topics, the seventh edition is also accompanied by an Online Learning Center.

bachelors 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.

bachelors 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.

bachelors in health and wellness: Introduction to Health Science Susan Blahnik, Dorothy Winger, 2015-01-21 Introduction to Health Science: Pathways to Your Future is a pathway-focused textbook program that helps you explore and prepare for healthcare careers. Organized into units based on the five health science pathways, the text covers all the skills and knowledge areas included in the National Health Science Standards. Assessment activities at the end of each chapter offer multiple opportunities for students to simulate healthcare careers, practice skills, and to think deeply about the information they've learned.

bachelors in health and wellness: Health and Wellness Robert T. Harper, 2004-01-01

bachelors 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.

bachelors 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.

bachelors in health and wellness: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to

understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

bachelors 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.

bachelors in health and wellness: Coconuts & Kettlebells Noelle Tarr, Stefani Ruper, 2018-08-07 Achieve lasting health—without cutting calories or following dieting “rules”! Instead of obsessing about the quantity of food you eat, shift your focus to the quality, say Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women podcast want you to make sure you're getting enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know firsthand about the ups and downs of dieting. Like many people, they have struggled with confusing and frustrating health issues such as anxiety, infertility, and hormonal imbalance—but when they discovered that the secret to improving wellness was actually more food, they ditched the calorie counters and gave their bodies the nourishment they needed to heal. In the Coconuts and Kettlebells program, you'll eat at least 2,000 calories a day—setting a minimum intake of fat, protein, and carbohydrates to ensure that your diet is full of nutrients. Noelle and Stefani identify the Big Four foods that cause the most health problems—grains, dairy, vegetable oils, and refined sugar. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step system to test these foods and determine which you need to cut back on to feel better—and which you can eat without restrictions. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for Butter Lovers, people who tend to feel more satisfied eating higher ratios of fats, and one for Bread Lovers, people who tend to feel more satisfied eating higher ratios of carbs. Each meal plan comes with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you get more than 75 simple and delicious real food recipes, including: • Kale and Bacon Breakfast Skillet • Raspberry-Coconut Smoothie Bowl • Thai Coconut Curry Shrimp • Apple-Chicken Skillet • Moroccan Lamb Meatballs • Grilled Balsamic Flank Steak • Chocolate-Cherry Energy Bites • Lemon-Raspberry Mini Cheesecakes To go along with the meal plans, you'll find three 4-week fitness plans tailored to beginner, intermediate, and advanced experience levels. Best of all, the workouts can be done anywhere—at your home or on the road—and take no more than 30 minutes each. A comprehensive whole-body program, Coconuts and Kettlebells provides the knowledge and tools you need to be healthy inside and out.

bachelors 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.

bachelors 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.

bachelors 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

bachelors in health and wellness: White Awareness Judy H. Katz, 1978 Stage 1.

bachelors 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.

bachelors in health and wellness: Health Promotion Programs Society for Public Health Education (SOPHE), 2010-03-18 Health Promotion Programs introduces the theory of health promotion and presents an overview of current best practices from a wide variety of settings that include schools, health care organizations, workplace, and community. The 43 contributors to Health Promotion Programs focus on students and professionals interested in planning, implementing, and evaluating programs that promote health equity. In addition to the focus on best practices, each chapter contains information on: Identifying health promotion programs Eliminating health disparities Defining and applying health promotion theories and models Assessing the needs of program participants Creating and supporting evidence-based programs Implementing health promotion programs: Tools, program staff, and budgets Advocacy Communicating health information effectively Developing and increasing program funding Evaluating, improving, and sustaining health promotion programs Health promotion challenges and opportunities Health promotion resources and career links The authors have clearly connected the dots among planning, theory, evaluation, health disparity, and advocacy, and have created a user-friendly toolbox for health promotion empowerment. Ronald L. Braithwaite, PhD, professor, Morehouse School of Medicine, Departments of Community Health and Preventive Medicine, Family Medicine, and Psychiatry The most comprehensive program planning text to date, this book examines all facets of planning and implementation across four key work environments where health educators function. Mal Goldsmith, PhD, CHES, professor and coordinator of Health Education, Southern Illinois University, Edwardsville Health Promotion Programs . . . explores the thinking of some of our field's leaders and confirms its well-deserved place in the field and in our personal collections. Susan M. Radius, PhD, CHES, professor and program director, Health Science Department, Towson University

bachelors 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.

bachelors 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.

bachelors 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.

bachelors in health and wellness: Workplace Wellness that Works Laura Putnam, 2015-06-08
A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

bachelors in health and wellness: The Future of Nursing Institute of Medicine, Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine, 2011-02-08 The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles-including limits on nurses' scope of practice-should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

bachelors in health and wellness: Introduction to Kinesiology Shirl J. Hoffman, 2005
Introduction to Kinesiology, Second Edition, provides a comprehensive, reader-friendly overview of kinesiology, laying a solid foundation for future learning and for working as a professional in any

field relating to physical activity. This new edition is significantly updated and revamped, featuring these additions: -Expanded information and advice on careers relating to the field of kinesiology, including short- and long-term employment opportunities, allowing students to benefit from an inclusive and accurate job outlook early in their college careers -New schematics and visual effects to help students better understand the content, including more relevant photos to illustrate text points and new artwork to help clarify important conceptual connections -New profiles featuring significant scholars in the field -New and improved sidebars, interactive items, and key points to engage students more deeply and to acquaint them with relevant issues and problems Introduction to Kinesiology, Second Edition, contains updated research, statistics, and discussion focusing on practical applications in the field and offering advice about each profession in kinesiology. These features will help students identify and work toward attaining their career goals. The text uses a visually appealing pedagogical approach, including key points and interactive items as well as opening scenarios of real-world dilemmas encountered by professionals in the field, objectives, summaries, key terms, and a glossary. The new edition reinforces readers' learning through both text and graphic features. Part I, Experiencing Physical Activity, provides an extensively rewritten introduction to the field of kinesiology and goes into greater detail on exercise and skilled movement. It also delves into physical activity participation patterns, updated information on the relevance of physical activity to daily living, and how various professionals in the field incorporate physical activity into their educational, developmental, and treatment programs. Part II, Scholarly Study of Physical Activity, with chapters on subdisciplines, has been reorganized and simplified, making those topics easier to comprehend. It includes greater coverage of physical education as a career pursuit and features chapters from several new collaborators, adding to the richness of the text's perspective and insight. Part III, Practicing a Profession in Physical Activity, includes a new chapter on careers in coaching and sport instruction and an updated chapter on therapeutic exercise, with information on careers in physical and occupational therapy. This new edition improves on the already-solid foundation of learning laid in the first edition. Its superior content and reasonable price make this text an ideal choice for undergraduate kinesiology courses.

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students in fields that include clinical psychology, organizational psychology, and occupational health.

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