

Students in the fully online Health and Wellness Promotion Practice major complement the major core coursework with your choice of one of the concentrated emphasis areas listed below.

- Questions? Reach out to your [academic advisor](#)

Emphasis Options:	For students seeking careers in...	Students take courses in (complete 12 units)
Aging and Population Health	Human services, government agencies, retirement communities, nursing homes, health care, and long-term institutional care facilities.	PHP 301 Introduction to Gerontology PHP 305 Public Health in the Digital Age PHP 312 Health Promotion and Well-being in Later Life HPS 412 Public Health Approaches to Mental Health Disorders in the US PHP 419 Alzheimer's Disease, Other Dementias, and the Role of Public Health PHP 424 Optimizing Well-being and Resilience in Older Adults EHS 425 A Public Health Lens to Climate Change PHP 436 Aging, Environment and Wellbeing PHP 437 Management and Leadership in Long-term Care HPS 442 Nicotine Dependence, Treatment, and Coaching Interventions EPID 454A Healthy Aging in Action I EPID 454B Healthy Aging in Action II PHPM 458 Health Care Marketing
Health Education	Schools, workplaces, non-profit agencies, faith-based organizations, governmental agencies, and other wellness-related fields.	**HPS 350 Principles of Health Education and Health Promotion **HPS 481 Health Education Intervention Methods Complete 9 additional units from the list below: PHP 305 Public Health in the Digital Age HPS 306 Drugs and Society HPS 311 Childhood Obesity HPS 330 Human Sexuality HPS 400 Contemporary Community Health Problems HPS 412 Public Health Approaches to Mental Health Disorders in the US EHS 425 A Public Health Lens to Climate Change HPS 442 Nicotine Dependence, Treatment, and Coaching Interventions HPS 449 Family Violence PHPM 458 Health Care Marketing
Health and Wellness	Healthcare settings, community health agencies, implementing programs that use mindfulness, nutrition, and exercise to meet the needs of diverse populations.	HPS 311 Childhood Obesity NSC 312 Weight Stigma, Nutrition & Health NSC 320 Nutrition, Physical Activity and Health Promotion GHI 325 Dietary Assessment in Public Health Practice NSC 332 Health Coaching HPS 402 Corporate Wellness HPS 412 Public Health Approaches to Mental Health Disorders in the US HPS 416 The World's Food and Health

		<p>EHS 425 A Public Health Lens to Climate Change HPS 442 Nicotine Dependence, Treatment, and Coaching Interventions PHPM 458 Health Care Marketing HPS 488 Adolescent Health HPS 478 Public Health Nutrition SBS 301A Foundations of Mindfulness SBS 301B Mindful Semester: Mindfulness-based Study Tools SBS 301C Mindful Semester: Mindfulness-based Movement</p>
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