

Students in the fully online Wellness and Health 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)...
<b>Aging and Population Health</b>	Human services, government agencies, retirement communities, nursing homes, health care, and long-term institutional care facilities.	<b>PHP 301</b> Introduction to Gerontology <b>PHP 305</b> Public Health in the Digital Age <b>PHP 312</b> Health Promotion and Well-being in Later Life <b>PHP 419</b> Alzheimer's Disease, Other Dementias, and the Role of Public Health <b>PHP 424</b> Optimizing Well-being and Resilience in Older Adults <b>EHS 425</b> A Public Health Lens to Climate Change <b>PHP 436</b> Aging, Environment and Wellbeing <b>PHP 437</b> Management and Leadership in Long-term Care <b>PHPM 458</b> Health Care Marketing
<b>Health Education</b>	Schools, workplaces, non-profit agencies, faith-based organizations, governmental agencies, and other wellness-related fields.	<b>**HPS 350</b> Principles of Health Education and Health Promotion Complete 12 additional units from the list below: <b>PHP 305</b> Public Health in the Digital Age <b>HPS 330</b> Human Sexuality <b>EHS 425</b> A Public Health Lens to Climate Change <b>PHPM 458</b> Health Care Marketing
<b>Health and Wellness</b>	Healthcare settings, community health agencies, implementing programs that use mindfulness, nutrition, and exercise to meet the needs of diverse populations.	<b>NSC 312</b> Weight Stigma, Nutrition & Health <b>NSC 320</b> Nutrition, Physical Activity and Health Promotion <b>GHI 325</b> Dietary Assessment in Public Health Practice <b>NSC 332</b> Health Coaching <b>HPS 402</b> Corporate Wellness <b>EHS 425</b> A Public Health Lens to Climate Change <b>PHPM 458</b> Health Care Marketing <b>HPS 478</b> Public Health Nutrition <b>SBS 301A</b> Foundations of Mindfulness <b>SBS 301B</b> Mindful Semester: Mindfulness-based Study Tools <b>SBS 301C</b> Mindful Semester: Mindfulness-based Movement