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](mailto:academic.advisor@example.com)

<table>
<thead>
<tr>
<th>Emphasis Options:</th>
<th>For students seeking careers in...</th>
<th>Students take courses in (complete 12 units)...</th>
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| 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  
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  
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  
Complete 12 additional units from the list below:  
PHP 305 Public Health in the Digital Age  
HPS 330 Human Sexuality  
EHS 425 A Public Health Lens to Climate Change  
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. | 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  
EHS 425 A Public Health Lens to Climate Change  
PHPM 458 Health Care Marketing  
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 |