



# Bachelor of Science in Health and Wellness

School of Health Sciences

## Advance Your Career While You Help Others Live Healthier Lives.

Kaplan University's Bachelor of Science in Health and Wellness could help you broaden your knowledge and skills with a mind-body-spirit approach to health and wellness. It could also prepare you for an exciting career that allows you to help people lead healthier lives.<sup>1</sup>

Our goal is to create a dynamic environment for online learning, allowing you to access our user-friendly classes virtually anywhere you have an Internet connection.

### WHAT'S INSIDE:

- › [Career Outcomes](#)
- › [Curriculum Highlights](#)
- › [Kaplan University Overview](#)

To enroll, call your Admissions Advisor today.  
For more information, visit [www.kaplanuniversity.edu](http://www.kaplanuniversity.edu).



## Make a Healthy Difference in a Field Expected to Grow.

Health and wellness professionals use their knowledge and training to provide support, encouragement, and education to help people live healthier lives and prevent illness or injury. And these professionals are expected to be in demand. The Bureau of Labor Statistics predicts that employment of health care professionals could increase by 19% between 2014 and 2024, resulting in an estimated 2.3 million new jobs, many of which are in fields related to Kaplan University programs.<sup>2</sup> Plus, according to a study conducted by the National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health, the use of complementary and alternative medicine and therapies has been reported by more than 30% of adults in the U.S.<sup>3</sup>

Maximize your talent to help meet the demand in this exciting field by pursuing a degree in health and wellness.



## A Degree in Health and Wellness May Boost Your Career Options.

The Bachelor of Science in Health and Wellness is designed to prepare graduates to pursue a variety of career opportunities in the fields of health care and health and wellness.<sup>1</sup> You could develop the skills to apply principles of healthy living to educate individuals and communities. And, through the completion of an original, comprehensive capstone project, you will have the opportunity to apply your health and wellness knowledge and skills to real-world scenarios.

### Possible Career Opportunities:

- › Wellness specialist
- › Stress management facilitator
- › Holistic nutrition consultant<sup>4</sup>
- › Corporate wellness consultant
- › Health and wellness educator
- › Vitamin and herb education consultant
- › Fitness center education specialist
- › Integrative medicine practitioner
- › Holistic physical trainer/therapist
- › Health research assistant

### Potential Day-to-Day Activities:

- › Design health and wellness promotion programs
- › Work to provide programs, products, supplements, and exercises to help clients reach optimum wellness
- › Maintain relations with governmental jurisdictions, organizations, and associations
- › Work with clients one-on-one and in group settings on stress and time management, lifestyle balance, and other key wellness factors
- › Educate clients on stress management techniques, such as meditation and relaxation
- › Train and educate clients on specialized food areas, such as the use of food in oriental medicine or organic foods
- › Critically evaluate current research in nutrition, exercise science, health psychology, stress management, and complementary and alternative medicine

# Customize Your Degree to Prepare for the Career You Want.

Kaplan University's **Bachelor of Science in Health and Wellness** program is designed to offer you the foundational knowledge and skills that could assist in the development of a career in health care or health and wellness.<sup>1</sup> You will have the opportunity to evaluate scientific literature and research in wellness, prevention, and complementary health care.

You can choose to further customize your degree by focusing electives on a particular area of study, such as nutrition or health science.

You can also choose to complete an **accelerated master's degree option**, which allows you to work toward your bachelor's degree while simultaneously completing up to five core courses in a School of Health Sciences master's degree program. Choose from master's degrees in health care administration, health informatics, health information management, public health, and health education. If you successfully complete these courses with a minimum

course grade, and have applied and been accepted to the applicable Kaplan University master's degree program, you will enter a shortened version of the master's degree program.

## Kaplan University's program curriculum emphasizes:

- › Demonstrating familiarity with the major concepts, theoretical perspectives, and historical trends in nutrition, exercise science, health psychology, stress management, and complementary and alternative medicine
- › Applying the concepts, principles, and methods of the topics listed above and designing health and wellness promotion programs
- › Employing professional standards, ethical practices, and legal standards in the health care field
- › Demonstrating an understanding of multicultural literacy in the fields of health care and wellness promotion

## Program Detail

### Bachelor of Science in Health and Wellness

› **Credit Hours:** 180

### Accelerated Master's Degree Option

› **Credit Hours:** 180 for the Bachelor of Science in Health and Wellness; if 5 courses completed as part of the undergraduate program, minimum of 28-36 depending on graduate program selected



## Here Is What One Faculty Member Had to Say

**Earon Davis**

› School of Health Sciences Faculty



“The value of the health and wellness program is immense. I have seen students open their minds to new realities and new opportunities simply by being exposed to the ‘big picture’ ideas and experiences in these courses. When students are recognized as unique human beings with aspirations of helping others, the results are inspiring.”

Views and opinions stated herein are the individual's and not necessarily those of Kaplan University. Individual student schedules and experiences may vary. This testimonial was solicited by Kaplan University.

# Kaplan University— A Different School of Thought®

## We Stand Behind Our Academic Quality. Try Our Classes Before You Owe Any Tuition.

Kaplan University wants you to make an educated decision about your education. As a new student, the Kaplan Commitment<sup>SM</sup> gives you a chance to experience real classes before deciding if you will stay and pursue your studies. If you withdraw during the introductory period, you will have no financial obligation beyond the application fee.<sup>5</sup>

### Why Kaplan University?

Our programs are designed to offer you the freedom to grow and pursue your goals. We offer:

- › Online classes that allow you to study virtually anytime, anywhere you have an Internet connection.
- › Personal advisors to help you select the courses to meet your goals.
- › Scholarships for eligible Kaplan University students.
- › A portfolio development course that could help translate your work and life experiences into college credit.<sup>6</sup>

### Other Programs

In addition to this program, Kaplan University also offers:

- › Bachelor of Science in Health Care Administration
- › Bachelor of Science in Health Information Management
- › Bachelor of Science in Health Science
- › Bachelor of Science in Nutrition

“Education is about opportunity, and a health sciences education offers you the opportunity to gain exposure to a rapidly changing field. At Kaplan University’s School of Health Sciences, we are committed to providing the training and skills to help you begin or advance a career in the health field. I hope you will join us.”



Dr. Keith L. Smith  
Dean, School of  
Health Sciences



#### IMPORTANT INFORMATION—PLEASE READ

For comprehensive consumer and gainful employment information, visit [www.kaplanuniversity.edu/student-consumer-information.aspx](http://www.kaplanuniversity.edu/student-consumer-information.aspx).

1 Kaplan University’s programs are designed to prepare graduates to pursue the stated positions, which have varying responsibilities. However, the University does not guarantee that graduates will be placed in any job, equipped to perform all the tasks noted, or eligible for job advancement opportunities. Additional training or certification may be required. In addition, job titles and responsibilities may vary from organization to organization.

2 Source: U.S. Department of Labor, Bureau of Labor Statistics, Occupational Outlook Handbook, 2016-17 Edition, Health Care Occupations, [www.bls.gov/ooh/healthcare/home.htm](http://www.bls.gov/ooh/healthcare/home.htm). National long-term projections may not reflect local and/or short-term economic or job conditions, and do not guarantee actual job growth.

3 Source: “Complementary, Alternative, or Integrative Health: What’s In a Name?” National Center for Complementary and Integrative Health/National Institutes of Health, updated March 2015, [nccih.nih.gov/health/integrative-health](http://nccih.nih.gov/health/integrative-health).

4 Note: this program does not qualify students to sit for the Registered Dietitian Examination or Certified Clinical Nutritionist Examination.

5 Classes count toward a degree if satisfactorily completed. No credits are earned if the student withdraws during the introductory period (3 weeks for undergraduate students), which begins day one of the first term. Students who choose to continue their studies at the University will need to meet specific requirements. Graduate programs not included. Additional terms may apply to international and non-U.S. citizen students. For further information, see [catalog.kaplanuniversity.edu](http://catalog.kaplanuniversity.edu) and the Kaplan Commitment Statement. Application fee waived for campus and learning center students through December 31, 2017.

6 Kaplan University does not guarantee the transferability of credit. See the University Catalog for the Prior Learning Assessment policy.

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