

WELLNESS, HEALTH PROMOTION & INJURY PREVENTION MAJOR

Is Wellness, Health Promotion & Injury Prevention For Me?

Find out by answering the following questions. If you answer yes to most of them, read on to learn more. If not, try one of the other **Major Profiles**.

	No	Yes
Do you enjoy working with people and analyzing information?	<input type="checkbox"/>	<input type="checkbox"/>
Do you enjoy assisting and caring for others?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have strong communication and decision-making skills?	<input type="checkbox"/>	<input type="checkbox"/>
Do you value achievement, relationships and integrity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you enjoy performing tasks that require physical activities?	<input type="checkbox"/>	<input type="checkbox"/>

What is Wellness, Health Promotion & Injury Prevention?

The Wellness, Health Promotion and Injury Prevention program prepares graduates to address growing societal needs for specialists in diverse allied health fields. The curriculum provides students with a broad-based introduction to this emerging multi-disciplinary field of study and provides a specialization within one of eight focus areas: Additional Major in Psychology; general health enhancement; intervention strategies in health promotion; complementary medicine; injury prevention; exercise science; nutrition and health; and a pre-health professional option.

What Courses Will I Take?

- Health in Personal and Occupational Environments
- Weight Control, Nutrition and Exercise
- Stress Management
- Wellness Facilitation
- Community Nutrition

What Are Some Related Majors?

- Health Sciences
- Exercise Science
- Physical Therapy
- Integrative Holistic Medicine

What Skills Will I Develop?

Often in the field of health sciences, the ability to work with a diverse group of patients is required; therefore it's important to be flexible. Various desired qualities necessary to be successful in this field cover areas of compassion, orientation with details, interpersonal skills, as well as the requirement of physical stamina as long hours and being on your feet are often required.

Where Could I Work?

Career opportunities for graduates may be found in virtually every occupational setting, including heavy industry, light manufacturing, service industries, health care, insurance companies, labor organizations, and government service at the local, state and federal levels.

Related Careers

Health Educator	Industrial hygienists
Public Health Administrator	Health Physicists

Employment Outlook

Employment of health educators is expected to grow by 37 percent from 2010 to 2020, much faster than the average for all occupations. Growth will be driven by efforts to reduce healthcare costs by teaching people about healthy habits and behaviors. As healthcare costs continue to rise, insurance companies, employers, and governments are trying to find ways to curb costs. One way is to employ health educators, who teach people how to live healthy lives and avoid costly diseases. Lifestyle changes can reduce the likelihood of contracting a number of illnesses, such as lung cancer, HIV, heart disease, and skin cancer. Health educators help people understand how what they do affects their health (Occupational Outlook Handbook, 2012-13).

Salary Expectations

The median annual wage of health educators was \$45,830 in May 2010. In 2010, the wages of the industries employing the most health educators were as follows:

Hospitals; state, local, private	\$58,440
Government	48,900
Ambulatory Health Care Services	41,200
Religious, grant making, civic, professional, and similar organizations	40,430

(Occupational Outlook Handbook, 2012-13).

Where Can I Get More Information?

Wellness, Health Promotion & Injury Prevention Program at OU	www.oakland.edu/shs/whp
Academic Advising at OU	www.oakland.edu/advising
Major Exploration at OU	www.oakland.edu/firstyearadvising
American Association for Health Education	www.aahperd.org/aahe
Society for Public Health Education	www.sophe.org