

BACHELOR OF SCIENCE IN HEALTH AND WELLNESS

SCHOOL OF HEALTH SCIENCES

ADVANCE YOUR CAREER WHILE YOU HELP OTHERS LIVE HEALTHIER LIVES

A growing emphasis on preventative health care is creating new opportunities in the health care field as well as health and wellness-related industries.² 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 would let you help people lead healthier lives.¹

Kaplan University's goal is to create a dynamic environment for online learning. Our technology and course delivery methods allow 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 studentcenter.kaplan.edu.



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UNIVERSITY**

MAKE A HEALTHY DIFFERENCE IN A GROWING INDUSTRY

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 in demand. The U.S. Department of Labor predicts that health care could generate approximately 3.2 million jobs through 2018, more than any other industry.² Plus, according to a 2007 survey, the use of complementary and alternative medicine and therapies among the U.S. public has increased significantly since 2002.³

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 health care and health and wellness-related industries.¹ You could develop the skills needed to apply principles of healthy living to educate individuals and communities. Study to gain the administrative, ethical, and professional knowledge that could enable you to pursue leadership positions in the increasingly diverse health care field. 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.

Advancement opportunities may be greater for health and wellness practitioners with higher education degrees. In fact, some positions are only open to those with a health and wellness-focused education.⁴

Some possible occupations graduates could pursue include:

- Wellness specialist
- Stress management facilitator
- Holistic nutrition consultant
- 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

DAY-TO-DAY ACTIVITIES WILL VARY BUT SOME OF THE TASKS THAT GRADUATES COULD PERFORM INCLUDE:¹

- 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



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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.¹ You could discover how to use your knowledge to educate individuals and communities. And you will have the opportunity to evaluate scientific literature and research in wellness, prevention, and complementary health care.

Students enrolled in the Bachelor of Science in Health and Wellness program may choose to further customize their degree by focusing their electives on a particular area of study, such as nutrition or health science. It is a degree that lets you learn what you want to learn.

An accelerated **Master of Health Care Administration** or **Master of Public Health** option is available if you enroll in the Bachelor of Science in Health and Wellness program. If you meet specified criteria and wish to continue on to pursue a Kaplan University Master of Health Care Administration or Master of Public Health, you may complete up to five graduate-level courses in place of undergraduate open electives. Once accepted to the chosen master's degree, you may matriculate into a shortened version of the graduate 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

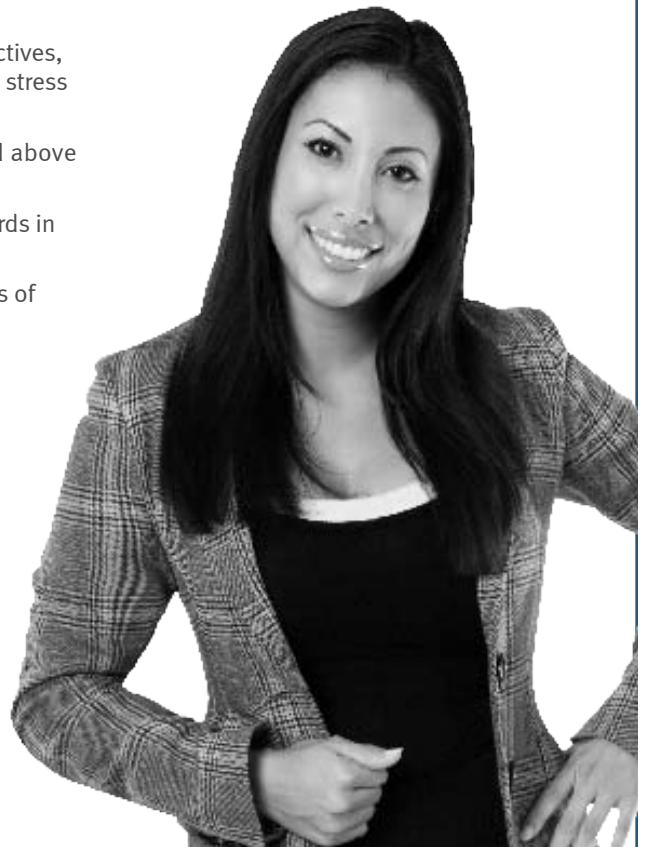
- Credit Hours: 180

Accelerated Master of Health Care Administration Option

- Credit Hours: 180 for the Bachelor of Science in Health and Wellness; minimum of 32 for the Master of Health Care Administration

Accelerated Master of Public Health Option

- Credit Hours: 180 for the Bachelor of Science in Health and Wellness; minimum of 40 for the Master of Public Health



HERE IS WHAT ONE STUDENT HAD TO SAY

Michelle Parmeter⁵

- Kaplan University Graduate, January 2009

“ I honestly, wholeheartedly can say I feel very confident in the quality of the education I received from Kaplan. I recommended my husband to go...He now attends Kaplan because he was able to see the changes that happened in me, the confidence that I take with me now. Kaplan University has been huge in my achieving my goals...I am the first person in my family to ever graduate with a bachelor's degree...I have four little girls and it was important for me to show them that it could be done...Kaplan has definitely made that possible. ”

KAPLAN UNIVERSITY—A DIFFERENT SCHOOL OF THOUGHT[®]

THE KAPLAN COMMITMENTSM—EXPERIENCE KAPLAN UNIVERSITY WITH NO TUITION OBLIGATION.

At Kaplan University, we are committed to your education, your goals—you. And, as part of our pledge to help you succeed, we're announcing a whole new way to try a Kaplan University degree program for yourself with no tuition obligation.

It's simple. You'll attend real classes for real credits. After an introductory period, if you decide we're right for you, and you meet our academic standards and other requirements, you'll continue on. If not, your obligation ends there. There's no tuition cost or other financial obligation, except for the nonrefundable application fee.⁶

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.
- Reduced tuition rates for active-duty service members and veterans.
- Scholarships for eligible Kaplan University students.
- A portfolio development course that could help translate your work and life experiences into college credit.⁷

Other Programs

In addition to this program, Kaplan University also offers:

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

IMPORTANT INFORMATION—PLEASE READ

¹ Kaplan University's programs are designed to prepare graduates to pursue employment in fields related to their subjects of study, such as the positions provided as examples. However, Kaplan 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 2010–2011 Edition, Health Care, <http://www.bls.gov/oco/cg/cgs035.htm>. These projections are provided for informational purposes only. Long-term projections are not intended to predict short-term changes in employment demand due to the current economy. The current projections should be treated as estimates.

³ Source: National Center for Complementary and Alternative Medicine, 2007 National Health Information Survey, The Use of Complementary and Alternative Medicine in the United States Fact Sheet, http://nccam.nih.gov/news/camstats/2007/camsurvey_fs1.htm.

⁴ Source: U.S. Department of Labor, Bureau of Labor Statistics, Occupational Outlook Handbook 2010–2011 Edition, Health Educators, <http://www.bls.gov/oco/ocos063.htm>.

⁵ 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.

⁶ Classes will count toward a student's degree if satisfactorily completed. No credits are earned if the student withdraws during the introductory period. The introductory period is five weeks, and begins on day one of the student's first academic term. If at any point during the introductory period a student chooses to opt out, he or she will have no other obligation to the University except for the application fee. Only available to new students; continuing students are not eligible.

⁷ Kaplan University does not guarantee the transferability of credit. See University Catalog for Prior Learning Assessment Policy.

Note From Dean

"Education is about opportunity, and a health sciences education offers you the opportunity to gain exposure to a fast-growing field. At Kaplan University's School of Health Sciences, we are committed to providing the training and skills you need to begin or advance a career in the health field. I hope you will join us."

Ginger Cameron

Ginger Cameron
Dean, School of Health Sciences



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