

What can I do with a Major in...

Major: Health Promotion

“Health Promotion refers to the science of helping people alter their lifestyles to achieve optimal health and wellness, empowering them to live life to the fullest physically, mentally, emotionally, socially and spiritually.”

O*net Outlook Link to Career Titles

[Health Educators](#)

[Medical and Health Services Managers](#)

[Mental Health Counselors](#)

[Health Specialties Teachers, Postsecondary](#)

[Occupational Health and Safety Specialists](#)

[Dietitians and Nutritionists](#)

[Medical Records and Health Information Technicians](#)

[Environmental Scientists and Specialists, Including Health](#)

[Industrial Safety and Health Engineers](#)

[Health Diagnosing and Treating Practitioners, All Other](#)

[Health Technologists and Technicians, All Other](#)

[Epidemiologists](#)

[Registered Nurses](#)

[Home Health Aides](#)

[Medical and Public Health Social Workers](#)

[Mental Health and Substance Abuse Social Workers](#)

[Advertising and Promotions Managers](#)

[Occupational Health and Safety Technicians](#)

[Environmental Science and Protection Technicians, Including Health](#)

[Advertising Sales Agents](#)

[**Public Relations Specialist**](#)

[**Athletic Trainer**](#)

[**Technical Writer**](#)

Some additional Career Titles:

Health Promotion Specialist

Wellness Coordinator

Public Health Specialist

Health Services Coordinator

Employee Wellness Specialist

Pharmaceutical Sales Representative

Injury Prevention Specialist

Grant Writer

Patient Educator

What knowledge and skills will I learn?

- ✓ *Display sensitivity to basic human needs*
- ✓ *Demonstrate professionalism and leadership*
- ✓ *Advocate publicly for optimum nutritional health*
- ✓ *Analyze concepts, definitions, arguments and complex problems*
- ✓ *Organize ideas, deal with questions of value and discover common grounds*
- ✓ *Possess working knowledge of the interrelatedness of biochemistry, human biology and nutritional sciences*

Some professional associations to consider:

[American Association for Health Education](#)

[Directors of Health Promotion and Education](#)

[American Public Health Association](#)

[American School Health Association](#)

[Texas Chapter of the Society of Public Health Education](#)

[Texas Public Health Association](#)

[Texas Environmental Health Association](#)

Description of Coursework:

The health promotion program teaches you the principles of health and how to develop a healthy lifestyle. In addition, you may take courses in epidemiology and in school or community health promotion. If you major in health promotion with a career option in school health, you can become certified to teach in Texas schools. If you choose the community health career option, you can prepare for a career in a health care or community health agency, or in a local, state or national government health agency. However, this track does not lead to teacher certification.

Health promotion faculty members have various areas of expertise, including nutrition, behavioral change strategies, chemical dependency, epidemiology, exercise, human sexuality, culture and health. As a student, you have access to UNT's new 138,000-square-foot Student Recreation Center, which includes a lap pool, leisure pool, soccer gymnasium, weight and fitness room, walking and jogging track, aerobics rooms, climbing wall and courts for basketball, badminton and volleyball.

You may join Eta Sigma Gamma, a health promotion student group that organizes on-campus educational opportunities, service projects, outings, social events and trips to professional meetings. The society is a good source of information about other professional organizations that can help you in your career once you have secured a full-time position.

Many departmental scholarships are available for outstanding students in health promotion. You may apply for these upon entering UNT. <http://www.unt.edu/pais/insert/uhpro.htm>

General information on Careers in the Major:

The emphasis on living, playing, working and eating right to live a longer, healthier life has never been greater. Magazines devote full issues to healthy living, and television news shows frequently feature stories on the topic. Promoting a healthy lifestyle, which includes good mental health, a satisfying family life, and environmental health and safety, has become an essential profession, one that offers great growth potential and numerous opportunities.

The health promotion degree prepares you to help people develop healthy habits such as eating three nutritious meals a day, exercising at least three times a week and decreasing sugar and caffeine consumption. Health promotion professionals use biology, epidemiology, marketing, kinesiology, psychology and sociology as foundations for planning and implementing health programs.

As a professional in health promotion, you may work as a health educator in a secondary school or as an administrator of a community health care program or corporate health fitness program. You may become the director of a local, state or national health department. UNT health promotion graduates can be found in many state and local health departments, hospital fitness programs, independent school districts and community health agencies.

The growing emphasis on disease prevention and health promotion has increased the need for public and community health professionals in leadership positions who are trained in the principles of health promotion, especially in regard to program planning, implementation and evaluation. To become a certified health education specialist, you must pass a national examination following the completion of a health promotion undergraduate or graduate degree.

UNT's Career Center can help you prepare to pursue your career. The center has information about jobs and employers. The staff can help you with resume and letter writing, job search strategies and interview preparation. <http://careercenter.unt.edu/>

<http://www.unt.edu/pais/insert/uhpro.htm>

Sources of additional information:

[Health Promotion Career Network](#)

[U.S. Dept. of Health and Human Services Office of Disease Prevention and Health Promotion
Center for Disease Control](#)

[NIH Employment and Training Opportunities](#)

UNT Student Organizations that may interest you.....

Student Government Association

University Program Council

Hall Associations

North Texas Forty Student Foundation

Reasons to Run

****TO FIND OUT ABOUT MORE STUDENT ORGANIZATIONS****

University Union, 216-1

(940)-565-3807

<http://web2.unt.edu/dos/sao/index.cfm>