What Can I Do With a Major In…

**Major: Health Promotion**

**What is Health Promotion?**
Health Promotion teaches you the principles of health and how to develop a healthy lifestyle. You may take courses in epidemiology and in school or community health promotion. Many graduates work in a variety of settings, including public or private schools, hospitals, sports clinics, fitness centers, insurance companies and corporate wellness.

The Health Promotion Program offers a comprehensive curriculum with two distinct tracks; Community Health and Corporate Wellness. The program, through these two tracks, prepares students to deliver health education, information, and knowledge in a variety of settings, such as public health agencies, voluntary health agencies, schools and universities and corporate work sites and wellness programs.

The [Community Health Track](#) prepares and educates students to serve in a variety of government and private health agencies, clinical settings, non-profit organizations, volunteer agencies, or other community organizations.

The [Corporate Health Track](#) prepares and educates students to promote the health and well-being of personnel through workplace programs, and become valuable contributors to the human resource functions of private companies.

The emphasis on living, playing, working and eating right to live a longer, healthier life has never been greater. 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.

**Potential Careers in Health Promotion**
Health Promotion is a great career choice if you are interested 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. Areas to consider:

**Related Career Titles** (with OnetOnline links)

**Entry-Level (Bachelor's Degree):**
- **Activities Director**
- **Athletic Trainer**
- **Exercise Physiologist**
- **Fitness Consultant**
- **Fitness Trainer**
- **Health Educator**
- **Nutritionist**
- **Physical Therapy Assistant**

**Patient Educator**
- **Rehab and Wellness Coordinator**
- **Sports Massage Therapist**
- **Sports Equipment Designer**
- **Strength and Conditioning Coach**
- **Therapeutic Recreation Specialist**
- **Weight Management Consultant**
- **Wellness Coordinator**

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Jobs Requiring Additional Education or Experience:
Athletic Therapist
Biomechanics Researcher
Chiropractor
Clinical Coordinator
Health and Wellness Coach
Dietician
Employee Wellness Specialist
Epidemiologist
Ergonomist
Health Services Coordinator
Industrial Safety and Health Engineers
Injury Prevention Specialist
Medical and Public Health Social Worker
Medical Writer
Occupational Therapist
Occupational Therapist Assistant
Physician Assistant
Physical Therapist
Physiotherapist
Program Director
Public Health Specialist
Registered Nurse
University Professor
Wellness Manager

Related Work Sites
American Red Cross
AmeriCorps
Assisted/Independent Living Centers
Behavioral Health Systems
City Departments
Colleges and Universities
Community Centers
Corporate Wellness
Department of Education
Department of Human Services
Fitness Centers
Government Agencies
Health Maintenance Organizations (HMO)
Home Healthcare Agencies
Hospitals
Human Resources
Human Services Agencies
Insurance Companies
Nonprofit Organizations
Nursing Homes
Peace Corps
Private Treatment Facilities
Public or Private Schools
Senior Activity Centers
Specialized Clinics
Treatment Centers
Veteran’s Affairs
Wellness Promotion
Youth Services Organizations

Skills to Develop to Include on a Resume
Active Listening
Assessment
Behavior management
Crisis intervention
Conducting field studies
Critical thinking
Data analysis
Dedication
Goal setting
Human Biology and Nutritional Sciences
Integrity and ethical conduct
Interviewing skills
Knowledge of mechanics and general health
Maintain records
Multicultural competency
Observing human basic needs
Organization
Patience and sensitivity
Planning and Problem solving
Presentation skills
Program development and evaluation
Providing instruction
Rapport building
Respecting for diversity
Stress Management
Time management
Understanding group dynamics
Written and verbal communication skill

Professional Associations

American Association for Health Education
American Public Health Association
American School Health Association
Directors of Health Promotion and Education
International Society for Aging and Physical Activity
National Athletic Trainers’ Association
National Association for Sport and Physical Education
National Endurance Sports Trainer Association
Sports and Exercise Psychology- Professional Organizations
Texas Chapter of the Society of Public Health Education
Texas Environmental Health Association
Texas Public Health Association

Student Organizations

KHPRos
Pre-Physical Therapy Club
Alpha Delta: Pre-Health Minority Club

Job Search Links

Academic Employment Network
Allied Health Careers
American Society of Exercise Physiologist
American Council on Exercise
American Fitness Professionals & Associates
Bluefishjobs.com
Center for Disease Control

Internship Search Links

Apple Wellness
Baylor Tom Landry
Cooper Institute

Find a Mentor

Linked In

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Need help figuring all this out? Call the Career Center and make an appointment with your Career Advisor! You can also get help with resume and cover letter writing and interview skills preparation.

Also check out Eagle Careers to find out about college specific events and search for jobs!!!