

Applied Exercise Science & Health

Do you have an interest in working with all types of people in various settings? Are you interested in facilitating positive life-style choices for individuals and community groups? If so, then Community Health Education may be the major for you. NMU's School of Health and Human Performance offers several programs including Community Health Education. This major is not associated with the Education Department and no teacher certification (needed to teach in schools) is awarded. The Health Education major at NMU is designed to promote the development of health literacy and proficiency with the Certified Health Education Specialist competencies preparing students for entry level education/health promotion positions. Through behavior change models, students learn how to affect the health knowledge, attitudes, and behavior of various target populations in a variety of settings (work sites, schools, hospitals/clinics, public health agencies, health clubs, geriatric centers, and others).

Skills and Competencies

Following completion of the Community Health Education degree, students are encouraged to take the Certified Health Education Specialist exam. This exam is given by the National Commission for Health Education Credentialing and tests for entry-level health education/health promotion competencies. As in most other fields, strong interpersonal communication and organizational skills are a must for Community Health Educators. Students pursuing a degree in Community Health Education may choose to join the Health Promotion Society (HPS). HPS is a dynamic student group that organizes and promotes activities that facilitate health both on and off campus.

Course Work

This degree includes the following courses as part of the program requirements, and specific major requirements along with general education courses and graduation requirements.

Core Courses

BI 207	Human Anatomy & Physiology 1 (4 cr.)
BI 208	Human Anatomy & Physiology 2 (4 cr.)
CH105	Chemical Principles (4 cr.) or CH 111 General Chemistry I (5 cr.)
ES315	Physiology of Exercise (4 cr.)
HL101	Medical Terminology (2 cr.)
HL110	Intro to Health & Fitness (2 cr.)
HL111	Lifespan Health (3 cr.)
HL125	Emergency Health Care (3 cr.)
HL260	Applied Sport & Exercise Psych (3 cr.)
HL440	Critical Issues in Health Education (3 cr.)
HL490	Seminar in Applied Exercise Science & Health (1-4 cr.)
HL491	Internship (2 cr.)
HN210	Nutrition for Humans (4 cr.)
HP200	Physical Well Being (1 cr.)
MA109	Intro to probability & Statistics (4 cr.)
PL181	Business Ethics (4 cr.)
PSY100	Intro. to Psychology (4 cr.)
Electives	(8 cr.)

Concentration:

Clinical Exercise Science, Sport Performance & Fitness Leadership, Sport & Fitness Management, or Community Health

Detailed course descriptions can be found at www.nmu.edu/bulletin.

Career Development

You should begin the resume-building process as soon as you can. The Academic and Career Advise-ment Center can assist you with career planning, while Career Services will help you fine tune your resume and look for jobs related to your field. In the meantime, the more hands-on experience you have, the better the chances are that you will find a job. Becoming involved in a professional related internship is a way to develop your professional skills and gain experience. Your academic course work is important as well, so be sure to maintain a high grade point average.

Additional Considerations

Take advantage of internship opportunities. Successful completion of the Certified Health Education Specialist Exam will enhance your opportunities for employment in community health. Flexibility within the Community Health Education degree allows for a double minor. Consider a minor or a cluster of classes to facilitate your work as a Community Health Educator in an entrepreneurial business setting. There are many options in regard to graduate school for Community Health Educators. You may want to look into a dual Peace Corps/Master's in Public Health Degree. Be sure that you complete entrance exams/applications for graduate school early.

Job Outlook

Starting salaries are contingent upon geographic location and the individual applicants work experience and initiative, and usually range from \$25,000 to \$50,000. The field is expected to grow by 26% and is considered faster than average in regards to growth and opportunity. The increased need for health care has likewise increased the need for workers in the field.

Potential Careers

NMU's Community Health Education Program prepares students for employment in the following careers:

American Cancer Society
American Heart Association
Corporate Wellness
Health Clubs
Health Education Consultant
Hospitals
Lifestyle Coach
Peace Corps Member
Red Cross
State and Local Health Departments

Additional Resources and Information

For Career Planning and Opportunities:
Academic & Career Advisement Center
3302.1 C.B. Hedgcock
906-227-2971
www.nmu.edu/acac

School of Health and Human Performance
201 PEIF
906-227-2130
www.nmu.edu/hhp

For Job Search, Resume and Career Information:
Career Services
3302.3 C.B. Hedgcock
906-227-2800
www.nmu.edu/careers

For Information about NMU Student Organizations Associated with this Major Contact:
Center for Student Enrichment
1206 University Center
906-227-2439
www.nmu.edu/cse

Health Promotions Society
<http://myweb.nmu.edu/~hps/HPIndex.htm>

Internet Resource Links:
www.careers.org
www.bls.gov

For Career Information with National Organizations:
www.cfusion.sph.emory.edu/PHEC/ph.ec.cfm
-Public Health Employment Connection
www.nchec.org -The Nat. Commission for Health Education Credentialing

Society for Public Health Education (SOPHE)



**NORTHERN MICHIGAN
UNIVERSITY**

MARQUETTE, MICHIGAN

The Academic & Career Advisement Center
2021



What to do with
a major in...

Applied Exercise Science & Health

