Community Health Education emphasis
(includes Worksite Wellness track)

About the major
Today’s world needs educated graduates to advocate for the health and wellbeing of communities. The Health & Kinesiology degree with the Community Health Education emphasis is a career-training program that will prepare you for health education roles in:

- public, non-profit, and private health organizations
- local and state health departments
- employee health and wellness programs
- clinical education programs

The curriculum is based upon the core competencies of the Certified Health Education Specialist (CHES) national certification. The CHES national certification certifies skills in planning, implementing, administering, and evaluating programs to promote healthy living. You will graduate from the program prepared to work as a community health educator.

Students who complete the Community Health Education track are eligible to sit for the Certified Health Education Specialist (CHES) exam. Students who complete the Worksite Wellness track are eligible to sit for the American College of Sports Medicine-Group Exercise Instructor (ASCM-GEI) exam. Both these certifications are the gold standard in health education and exercise!

What is Community Health Education?
Community Health Education is a branch of public health that focuses on the study and improvement of health characteristics among specific populations, with the goals of promoting, protecting, and improving the health of individuals and communities. Working at the community level promotes healthy living, helps prevent chronic disease, and reduce health gaps caused by differences in race and ethnicity, location, social status, income and other factors that can affect health. Community health covers a wide range of interventions, including health promotion, disease prevention, and treatment. It also involves management and administration of care.
What is Worksite Wellness?
Worksite wellness is a coordinated and comprehensive set of health promotion and protection strategies that enhance the physical, mental, and emotional status of individuals. Worksite wellness programs include policies, benefits, environmental supports, and links to the surrounding community designed to encourage the health and safety of all participants. Worksite Wellness Programs aim to provide employees with access to competent medical care, promote a lifestyle that includes proper exercise and diet, and cultivate a positive mental outlook. Goals of a fully functional worksite wellness incentive helps to minimize tensions in the workplace, create more of a team spirit among employees, and enhance productivity while reducing health risks, chronic conditions, healthcare costs, and absenteeism.

Requirements

1. Have a minimum cumulative GPA of 2.8.
2. Have completed all prerequisite classes by the start of Fall 2022 semester.
   a. Statistics course (MATH 1040 or MATH 1070 or FCS 3210 or SOC 3112)
   b. H EDU 4650 (Anatomy & Physiology for Health) or BIOL 2420 (Human Physiology)
   c. H EDU 1010 (Healthy Lifestyles)
   d. H EDU 3050 (Community Health Issues)
   e. Writing 2010 (Intermediate Writing)

Course Information Sheet: https://health.utah.edu/documents/community-health-worksheet

Contact us for more information!

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