

Corporate and Community Wellness

Bachelor of Science Degree

Overview:

“A Bachelor of Science in Health and Wellness degree program is designed to provide students with the knowledge required to help individuals pursue increased health through diet and exercise. Students may work on an individual or group basis. The degree might lead to careers involving areas and settings such as health and fitness, hospital wellness programs or health centers.”

Occupations:

- **Exercise Specialist \$47,500 Bachelor’s Degree**
“Clinical exercise specialists work in heart health clinics, cardiovascular rehabilitation facilities, fitness centers and doctor's offices to help people avoid or recover from heart health or metabolic problems through exercise. Exercise specialists design individualized exercise programs to help their clients change established patterns of behavior, improve their health and enhance their lives.”
- **Personal Trainer \$31,700**
“Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. They work with people of all ages and skill levels.”
- **Exercise Physiologist \$44,700**
“Exercise physiologists develop fitness and exercise programs that help patients recover from chronic diseases and improve cardiovascular function, body composition, and flexibility.”
- **Fitness Manager \$44,600**
“Fitness managers are responsible for seeing that the administration and organization of a fitness club goes smoothly, from scheduling personal trainers to keeping up with and demonstrating continuing education. If going behind the scenes at a gym sounds appealing, learning more about fitness managing can help you decide if it's the health career for you.”
- **Group Exercise Instructor \$31,700**
“Fitness instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. They work with people of all ages and skill levels.”
- **Wellness Center Manager \$76,900 Bachelor’s Degree**
“A health and wellness manager may have various duties, but in general they will be responsible for managing the overall wellness and health of either a person or a group of people. They may work for fitness centers, for individual clients, or even for corporations that want to enhance overall company wellbeing.”

- **Community Health Program Director \$106,600 Master’s Degree**
 “Responsible for developing plans for community-based health programs aimed at the prevention of disease and promotion of health. Recommends community health initiatives, policy implications and best practices after reviewing health literature and statistics. Identifies community health program related grant funding and develops grant proposals. Manages specific community health programs from planning and design through implementation and evaluation.”
- **Nutritionist \$55,200 Bachelor’s Degree**
 “Dietitians and nutritionists are experts in food and nutrition. They advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.”
- **Wellness Promotion Director \$52,700 Master’s Degree**
 “The job of a wellness director is to draft up guidelines and implement and monitor a variety of programs for companies or communities. These programs are designed for the improvement of the mental and physical health of employees, individuals, and families. The wellness director will be responsible for drafting, developing, and implementing various strategies that are designed to improve the overall well-being of individuals.”
- **Spa Director \$35,300 Bachelor’s Degree**
 “Spa managers are responsible for the day-to-day operations of health or beauty spas. They manage a spa's finances, employees and services. Spas can differ greatly in size, from small privately owned boutiques to large health spas located in resorts and hotels.”

Most information obtained from <http://www.bls.gov/> (Oct. 2015)