

People are tuning in to their health these days, and many are looking to nutrition, exercise, stress management and alternative medicines as a way to take care of themselves. With a B.S. in Health and Wellness from Brookline College, you'll be in a position to **support and educate people looking to lead healthier lives.**



“The best part of my job is watching students grow from a student to a professional.”

Danielle Garduno,  
Director of Career Services

## BENEFITS OF A HEALTH AND WELLNESS – BACHELOR OF SCIENCE EDUCATION AT BROOKLINE COLLEGE

- **Comprehensive education:** Learn about behavioral, physical and community health; public policy; nutrition; fitness; health psychology; and more in a 120-week blended or 130-week online program.
- **Develop in-demand skills and knowledge:** Gain a broad knowledge of health; legal, ethical and professional practices; cultural and community impact on health and wellness; and more.
- **Financial aid:** Brookline offers financial aid for those who qualify, along with personalized counseling from a student financial advisor.<sup>1</sup>

## JOBS FOR BROOKLINE HEALTH AND WELLNESS BACHELOR OF SCIENCE GRADS

- **Clinical Director**
- **Mental Health Program Manager**
- **Health Manager**
- **Nursing Director**
- **Practice Administrator**

## CAREER OUTLOOK

Medical and health services managers are needed throughout the country, but especially in Arizona. According to O\*NETOnline, jobs for health and wellness B.S. grads in Arizona are expected to increase by 40 percent through 2026—more than double the national average (18 percent).<sup>2</sup> New Mexico is on par with the U.S. average.

## PROGRAM LOCATIONS:

Online Only

Prepare today for a rewarding career tomorrow. Contact Brookline College at 888.337.9003 now!

 **BROOKLINE COLLEGE**  
Small College. Big Future.

[BrooklineCollege.edu](https://brooklinecollege.edu)

## CURRICULUM OVERVIEW

### Degree Bachelor of Science - Health and Wellness

120 CREDITS - 1845 CONTACT HOURS - 120 WEEKS (BLENDED) - 130 WEEKS (ONLINE)

Health and Wellness degree program covers various aspects of overall health from behavioral and physical health, public policy, nutrition, wellness education, therapeutic communication and health psychology, among other subjects. The diverse curriculum found in this program will help prepare students to serve in a variety of health and wellness occupations. Our health and wellness degree provide an in-depth curriculum that will prepare you for a career in this rewarding field. Health and wellness professionals provide support, encouragement, and education to people looking to lead healthier lives and prevent illness or injury. Within this program you will also learn about nutrition, fitness and exercise, community health and welfare. Graduates may work in business, community, or health care settings, helping people improve and maintain their health and well-being.

#### Program Concentration Courses

HBIO 205 Pathophysiology  
CHM 320 Organic Chemistry  
HW 300 Introduction to Health and Wellness  
HW 304 Fitness for Health and Well Being  
HW 310 Health Psychology  
HW 322 Health Information and Problem Solving  
HW 330 Exercise Physiology  
HW 400 Fitness for Life I  
HW 401 Fitness for Life II  
HW 410 Introduction to Kinesiology  
NTR 302 Nutrition and Metabolism  
STA 400 Statistics for Life Science  
HA 401 Organization Behavior and Leadership  
HW 420 Capstone  
MG 304 Organizational Behavior  
HA 100 Medical Terminology  
HA 200 Anatomy and Physiology  
HA 300 Wellness Education  
HA 303 Public Policy in Health Care  
HA 211 Health Care Market and Customer Service

HA 240 Medical Office Administration  
BU 215 Customers Service Concepts  
HW 360 Health Behaviors  
HW 415 Organizational Behavior, Managing People

#### General Education

BI 165 Introduction to Biology  
EN 144 English Composition  
CO 415 Multi-Cultural Communications  
GO 200 Geography  
HU 200 Humanities  
LI 310 Contemporary Literature  
MH 140 College Mathematics  
PH 330 Decision Making  
PH 410 Ethics  
PS 135 Introduction to Psychology  
QN 220 Essential Statistical Thinking  
SO 170 Introduction to Sociology

#### Additional Course Requirements

CP 100 Word Processing and Presentations  
CP 101 Spreadsheets and Databases  
PD 299 Professional Development  
SS 100 Student Success



## BROOKLINE'S COMMITMENT TO STUDENTS

- **Great education at a great price:** With fixed tuition, you'll know exactly what your education will cost from start to finish (program locations vary). Brookline can also help you search and apply for a scholarship, grant or loan.
- **Faculty dedicated to your success:** Since classes are small, your expert instructors can focus on your individual needs to see you through to success.
- **Job placement assistance:** Brookline's commitment doesn't end with graduation: The career services team will help you land your first job, offering assistance with resumé writing, job search and more.

## BROOKLINE COLLEGE DIFFERENCE

- 40 years serving our communities
- Small classes
- Personalized service
- Career immersion

See if Health and Wellness and Brookline College is the right fit for you.

[Click here for a free automated advising service.](#)



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