HEALTH AND WELLNESS

School of Wellness, Exercise Science and Athletics
Dean: Thomas Gang, M.S.
Department Chair: Toni Pfister, M.S., Ed.D.
Office: 71-403, (619) 216-6626
School/Department Location: www.swccd.edu/cvlocation
Map: https://goo.gl/maps/C4E3PnKsdU92 (https://goo.gl/maps/C4E3PnKsdU92/)

General Description

Health Education is an academic area that assists students in reaching a higher level of wellness and preparing them for SWC certificate and degree programs. The health education course offerings at Southwestern College include a wide range of courses from general health to nutrition to first aid, and from more generalized to specialized courses in public health, nutrition, and health education for teachers. In addition to educating students about maximizing their personal health, many courses are part of the general education, certificate, or university transfer preparation.

Career Options

Health Science majors can be found at many bachelor's granting institutions. Some universities and colleges may even have similar, but more specified majors to explore, that could align better with your interests. Examples include Exercise Science, Public Health, Nutrition & Dietetics, Child/Human Development, Liberal Studies with Teaching Credential, Special Education, and many more. Below is a sample of career options in the fields of health and wellness. A few of these require an associate degree or certificate, most require a bachelor's degree, and some require a graduate-level degree,

- Work as a personal fitness trainer or health educator.
- Continue your studies and become a registered dietitian or a health education specialist.
- Work for a business or a non-profit as a health coach, wellness consultant, or fitness leader.

Degree/Certificate Options	Major Code
Associate Degree for Transfer (ADT)	
Nutrition and Dietetics (SB1440) (https://catalog.swccd.edu/associate-degree-certificate-programs/healthandwellness/nutrition-dietetics-adt/)	01366
Associate in Science Degree: Transfer Preparation	
Foods and Nutrition (https://catalog.swccd.edu/associate-degree-certificate-programs/healthandwellness/foodsnutrition-as/)	01368
Public Health (https://catalog.swccd.edu/associate-degree-certificate-programs/healthandwellness/public-health-as/)	01367