





# What you can do with your **Health Promotion & Exercise Science** major






Health Promotion Studies (HPX) majors study public health, emphasizing creating programs to educate communities to maintain physical and mental health. They learn how to help people live healthier lives to prevent and manage disease. As medical costs and mental health challenges skyrocket, health promotion is taking an increasingly important role in our society. Study options can include Allied Health, Community Health, Holistic and Integrative Health and Fitness and Wellness. HPX is a springboard to many possible career paths in health care, including community health educator, health inspector, recreation therapy, physical/occupational therapy, naturopathy, exercise physiology, and more. Health promotion is important to many different organizations, including nonprofits, clinical settings, corporate organizations, emergency medical fields and schools.

According to the [Bureau of Labor Statistics](#) and the Occupational Outlook Handbook, employment of health care occupations is projected to grow significantly, 12% from 2021 to 2031, much faster than the average for all occupations. Students who study Health Promotion often seek one of many professional certifications in health education, fitness and training, and the allied health professions.

## Essential Skills & Characteristics to develop and highlight:

-  Passion for solving problems
-  Emotional Intelligence
-  Creative Thinking
-  Written and Oral Communications

-  Persuasion
-  Willingness to Learn
-  Digital Literacy
-  Collaboration

## How To Get Started:

- [Assess your personal strengths & preferences](#)
- [Research opportunities:](#) online/in-person
- [Expand your health & technical network](#) and professional brand
- Get an [internship/relevant](#) work experience
- [Join a professional health organization](#)
- [Connect with professionals](#) through career conversations & job shadowing

## Chart Your Path Forward with the [Career Success Center](#)

### [Activate Your Handshake Account](#)

for events, coaching appointments and connections to jobs, internships, employer & alumni networking & more!  
[www.wcsu.edu/handshake](http://www.wcsu.edu/handshake)

### [Explore Career Communities](#)

to discover a wide variety of fields where you can turn your Health Promotion major into success.

### [Get Career & Internship Advising](#)

from the Career Success Center to make a plan, whether you're a first-year student or about to graduate

# Put your Health Promotion major to **WORK**

## Common Alumni Job Titles:

- Health Educator
- Corporate Health Coordinator
- Recreational Therapist
- Research Assistant
- Nutritionist
- Health Communications Specialist
- Activities Director
- Community Outreach

## Employers of Health Promotion Majors:

- Nuvance Health
- Danbury Public Health Department
- Danbury Hospital
- WCSU
- Waterbury Hospital
- Family & Children's Aid
- Hartford Health care
- Sacred Heart University
- Stamford Health
- UConn Health

## Recent Health Promotion Alumni

### Employment Sector

### Live & Work

72 % Educational Services	85 % Connecticut
9 % Health Care and Social Services	7 % Middle Atlantic
6 % Retail Trade	3 % South America
4 % Accommodation and Food Services	2 % East North Central
3 % Public Administration	1 % West South Central
1 % Other Services	1 % New England Balance
1 % Professional, Scientific and Tech Services	1 % West North Central
1 % Wholesale Trade	1 % Mountain



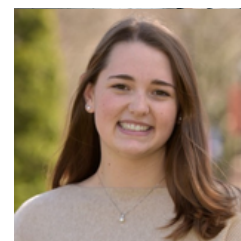
[Karla Huwae](#)

B.S. Health Promotion Studies, Class of 2019  
Certified Community Health Worker at City of Danbury  
Department of Health & Human Services

"I gave it my all because I said I would,  
I could, and I did!"

## Informational & Job Websites

- <https://wcsu.joinhandshake.com/login>
- <https://www.exercisejobs.com/>
- <https://www.liquidcompass.com/institutions/wcsu>
- <https://explorehealthcareers.org/>
- <https://www.nasm.org/how-to-become-a-personal-trainer>
- <http://libguides.gwumc.edu/c.php?g=27732&p=170030>
- <https://www.nchec.org/>
- <http://careers.apha.org/jobseekers/>
- <http://jobs.alliedhealthcareers.com/>
- <http://www.careervitals.com/>
- <https://www.ecommunity.com/careers/search?>
- <https://www.recruiter.com/careers/health-science.html>
- <https://explorehealthcareers.org/>



[Olivia Moore](#)

B.S. Health Promotion Studies, Class of 2022  
Seeking a master's degree in Occupational Therapy

"The HPX department has prepared me with lots of hands-on experiences that have given me skills I need for my future in health care. I'm incredibly thankful to everyone who has guided me throughout my undergraduate career - they have been a huge part of my success as a student and athlete here at WCSU."

## Career Communities for Health Promotion Majors

The Career Success Center has seven Career Communities to connect you with career advising, resources and programs. Here are a few suggestions on where Health Promotion majors can start.

- [Education and Human Services](#)
- [Healthcare, Wellness and Life Sciences](#)

Not inspired by these options? Visit our website at [www.wcsu.edu/careersuccess/career-communities/](http://www.wcsu.edu/careersuccess/career-communities/) to view more.