why SHSU?

This is a university that thinks big but feels small. With a student population of over 19,000, SHSU prides itself with creating a close community. Current students and alumni alike attest to the warm, supportive environment found all over the SHSU campus. Faculty members are more than professors—they are mentors, advisors, informal tutors, and personal links to great career connections.

Sam Houston State University has something—and then some—for everyone. No matter where you look, you will find ways to have fun, make great friends, enjoy the arts, serve others, and challenge yourself.

An education from Sam Houston State University prepares graduates to be a vital part of the world. It gives them the theoretical and practical knowledge to understand and solve challenges. It equips them with the experience and confidence to become effective leaders. It develops in them a heart for service to their communities. It gives them the tools they need to have an impact—as new graduates and for the rest of their lives.

There are many ways to learn more about Sam Houston State University, but the best way is to come visit campus and experience it for yourself.

The Bachelor of Science in wellness management prepares you to manage and facilitate health and wellness initiatives in a wide variety of settings.

Nursing homes, hospitals, corporations, and government agencies have seen the effects a wellness program can have on their residents and employees which is creating an increase in demand for wellness managers.
**Wellness Management Bachelor’s Degree**

**Managing Healthy Lifestyles**

The Department of Health Services and Promotion at Sam Houston State University (SHSU) offers a wellness management Bachelor of Science degree. This 120-hour degree program will equip you to design, develop, implement, and maintain corporate, hospital, and community wellness programs. State, private, and local institutions are taking an interest in the health of their employees. Poor diet, stress, inactivity, and tobacco use are the top unhealthy lifestyle behaviors. Wellness managers help individuals develop a plan to change those behaviors for the better, which is proven to increase employee productivity and overall health. Career opportunities for graduates are ever increasing.

**Scholarships**

Students may apply for health programs scholarships and non-degree specific scholarships by completing the ScholarX online application. Transfer scholarships are available for students who would like to continue their academic career at Sam Houston. SHSU provides a quality education at an affordable cost.

**COURSEWORK**

The required coursework accomplishes the major objectives of the wellness management program including: understanding the major health problems that face Americans and the role that corporate and community wellness programs play in addressing these problems; planning and development of comprehensive wellness programs; establishing effective wellness programs; facilitating, teaching, and promoting wellness program content areas; managing and directing staff, facilities, and budgets of wellness programs; and applying health care economic principles to community, corporate, and hospital wellness programs.

**INTERNSHIPS**

The wellness management degree culminates with a 400-hour professional internship. The internship will be conducted in a corporate, community, or hospital setting under the instruction and supervision of a qualified and experienced wellness professional.