

# Health and Wellness Promotion

DIVISION OF  
HEALTH SCIENCES  
& OUTDOOR  
STUDIES



## PROGRAMS OF STUDY:

B.A. in Health and Wellness Promotion  
Minor in Health and Wellness Promotion

## OUR PARTNERS INCLUDE:

- Blount Memorial Hospital
- Boys & Girls Club
- Maryville-Alcoa-Blount County Parks and Recreation
- Mountain Challenge
- Special Olympics

## GRADUATE SCHOOL PLACEMENTS

Colorado State University  
East Tennessee State University  
Lincoln Memorial University  
Tennessee Technological University  
University of Tennessee - Knoxville

## ON CAMPUS OPPORTUNITIES

Led by the on-campus outdoor adventure and team-building organization Mountain Challenge, the FIT. GREEN. HAPPY.® initiative at Maryville College is informed by research that links fitness, sustainability and happiness with high academic performance. Related programs encourage students to be physically active outside, adopt sustainable and environmentally friendly practices, slow down and be intentional about tech usage.



**MARYVILLE**  
**COLLEGE**  
IN THE GREAT SMOKY MOUNTAINS

## Why study Health and Wellness Promotion at Maryville College?

Students pursuing the degree in Health and Wellness Promotion at Maryville College understand the multi-faceted health needs of communities and seek to improve the lives of others through the promotion of healthy behaviors. This major takes a preventative action health care approach and incorporates the knowledge and strategies utilized by health and wellness professionals in a variety of fields. When paired with a passion for helping others, the skills and experience acquired in this major prepare individuals for rewarding career roles as health and wellness professionals in worksite wellness programs, health agencies (local, state and federal), community organizations and other health care settings. Students who receive a B.A. in Health and Wellness Promotion may choose to pursue graduate and/or professional studies in areas such as exercise physiology, health education, health promotion, nutrition, public health, sports marketing and management, sport psychology and other allied health professions.

## MEET A CURRENT SCOT



### Parker Owens

Hometown: Caryville, Tenn.

Parker chose to major in Health and Wellness Promotion because it allows him to gain an understanding of what it means to be healthy, as well as utilize other disciplines that interest him, like statistics.

"I got interested in things such as illnesses and diseases back in middle school and have wanted to take part in the handling of viruses and outbreaks for a while," he said.

"Everyone gets sick, so I wanted to find a career that could help society be healthier." After graduation, he plans to pursue a master's degree in either public health or epidemiology, in an effort to one day work for the Centers for Disease Control and Prevention (CDC).

## MEET A RECENT GRAD



### Savanna Evans Gregory '20

Currently: Dining Room Supervisor at The Barn at Blackberry Farm

Savanna has worked with Blackberry Farm for more than four years, and in her current role, she is responsible for assisting management in overseeing the daily operations in the restaurant, along with training new employees. "Maryville College taught me more than just textbook knowledge," she said. "I feel as though I walked away after four years with a toolbox fully loaded and ready for graduate school or the 'real world.' I learned to be a successful student with any educational style, tackle my biggest obstacle (which was myself) and persevere and adapt to any task."

Savanna plans to attend the University of Tennessee to pursue a dual master's degree (MS/MPH) in nutrition and public health.

## FOR MORE INFORMATION:

visit [maryvillecollege.edu/health-wellness](http://maryvillecollege.edu/health-wellness) or call 865.981.8092