

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

EXTERNAL RELATIONSHIPS

- 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
- Medical University of South Carolina
- 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

Aili King

Hometown: Saint Gabriel, Louisiana



Aili chose MC for its equestrian team, small class sizes, location near the mountains and financial aid. She loves her major because it has given her a better understanding of how the body functions, how to better care for it, and how to reach peak performance. Her career plan is to become a sports nutritionist and work with athletes. "I know that I can take what I learn in my major and use it to help other individuals and athletes feel and perform their best," she said.

In February of 2025, she attended the Southeast Chapter of the American College of Sports Medicine (SEACSM) conference with a fellow student and two professors where she met various researchers, attended presentations and learned more about graduate programs.

MEET A RECENT GRAD

Gabbie Noonan '25

Currently: Pursuing a Doctorate in Occupational Therapy at the Medical University of South Carolina



Gabbie came to MC undecided in what she wanted to study, but after an intro level Health and Wellness course, Gabbie discovered her passion for this field of study. "I am so glad I chose the liberal arts education because if I hadn't, I don't think I would have discovered my passion for the health sciences."

The liberal arts approach isn't the only aspect of MC that Gabbie credits for her success. "MC pushed me to succeed by allowing me the opportunity to do graduate-level thesis work and by providing me with the resources to discover fantastic internship opportunities." It was this combination of opportunities and exertion that helped Gabbie gain acceptance to every graduate school to which she applied.

FOR MORE INFORMATION:

visit maryvillecollege.edu/health-wellness or call 865.981.8092