B.S. in Environmental Health and Wellness

Help people live a more healthy lifestyle and lead the way in wellness program development. Unity College’s B.S. in Environmental Health and Wellness provides a uniquely environmental focus for those seeking careers in helping people and the planet.

Cost: $470 per credit
Military Discount: $423

Program Features

+ One-on-one academic and professional advising as our world-class faculty and trained staff strive to make your professional and academic goals a reality.

+ Unity College is an accredited institution by New England Commission of Higher Education (NECHE).

+ Experiential Online. Experiential programs are delivered 100% online with field work designed with the working professional in mind.

+ Study when and where you want and finish your degree while still working full-time.

+ Make professional connections with leaders in your field.

+ Get job placement assistance through our career services department.

+ Transfer friendly! We will accept up to 90 credits.
B.S. in Environmental Health and Wellness

Concerns about employee health and productivity, as well as climate change and the environment, are on the rise, and many employers are implementing wellness and sustainability initiatives. These organizations need qualified professionals with the training to lead successful wellness programs that result in healthier (and happier) people. Students in the B.S. in Environmental Health and Wellness Management program learn key skills and concepts such as fundamental knowledge of human health, behavior change, and healthcare benefits to design wellness programs for their community, businesses, nonprofits, and government.

Job Outcomes, Growth*, & Salary**

Health and Wellness Coach
Median Salary: $35k
Growth: +9
Health and Wellness coaches develop relationships with members and assist them in working towards better health by providing support, encouragement, and education. They empower others to take action through motivation, inspiration and guided discussions.

Health and Wellness Coordinator
Median Salary: $45k
Growth: +7
Health and Wellness Coordinator’s develop and plan programs intended to reduce health risks and encourage healthy lifestyles. They also execute district-wide wellness initiatives.

Health and Wellness Director
Median Salary: $65k
Growth: +7
Health and Wellness Directors are responsible for overseeing the programs that have been created to promote healthy lifestyles. They are also responsible for marketing these initiatives.

*Projected 10-year growth  **National median salary  Source: O*Net
Graduates of the B.S. in Environmental Health & Wellness will be able to:

+ **Draw on fundamental knowledge** of human health at individual and population levels) and behavior change to critique and design health and wellness programs.

+ **Propose** appropriate policies and approaches to promote healthy lifestyles and wellbeing.

+ **Apply** marketing and communications strategies to promote wellness programs.

+ **Use technology** such as social media, digital health coaching, mobile applications, and wearables to support wellness program goals.

+ **Develop** a compliant, strategic plan for a comprehensive wellness program for a community, a business, a non-profit, or government organization.

**Program Core**

- [ ] COMM 401 Using Social Media in a Global World
- [ ] ENCJ 205 Drug Recognition Training
- [ ] ENVS 303 Social Science for Environmental Professionals
- [ ] EVHS 205 Occupational Safety and Health
- [ ] EVHW 105 Introduction to Human Health
- [ ] EVHW 205 Health Literacy for Managers
- [ ] EVHW 305 Employee Benefits for Wellness
- [ ] EVHW 310 Mind, Body, Soul, Planet: Understanding the Mind-Body Connection for Long-Term Health
- [ ] EVHW 405 Health Coaching: How to Live a Balanced Life
- [ ] EVHW 410 Worksite Health Environment and Management
- [ ] MGMT 303 Strategic Management for Social Change

**Environmental Professional Core**

- [ ] COMM 303 Communicating to Stakeholders OR COMM 403 Environmental Crisis Communication
- [ ] EVPC 101 Professional Skills
- [ ] EVPC 201 Environmental Issues: Deforestation, Biodiversity Loss, and Overpopulation OR EVPC 202 Environmental Issues: Energy, Water Scarcity, and Waste
- [ ] EVPC 301 Environmental Justice OR EVPC 305 Building a Better World: Ethical Decision-Making
- [ ] EVPC 401 Transformational Leadership
- [ ] EVPC 490 Transdisciplinary Capstone

**General Education Core**

- [ ] BIOL 103 Biology: Foundations of Life
- [ ] BIOL 104 Biology: Foundations of Life Laboratory
- [ ] CHEM 101 Chemistry I
- [ ] CHEM 102 Chemistry I Laboratory
- [ ] ENVS 201 The Warming Planet: Understanding Climate Change
- [ ] MATH 201 Statistics for Environmental Professionals
- [ ] PSYC 101 Introduction to Psychology
- [ ] An Arts course
- [ ] 2 Communications courses
  - [ ] Check here if only one COMM course complete
- [ ] A Humanities course
- [ ] A Language course

**General Electives**

- [ ] 37 credits of general electives

**College Wide Requirements**

A minimum of 120 earned credit hours, 30 credits at the 300 level or above, a minimum of 30 credits earned at Unity, and an overall cumulative GPA of 2.0 or above.
Graduates of the B.S. in Environmental Health & Wellness will be able to:

- **Draw on fundamental knowledge** of human health at individual and population levels) and behavior change to critique and design health and wellness programs.

- **Propose** appropriate policies and approaches to promote healthy lifestyles and wellbeing.

- **Apply** marketing and communications strategies to promote wellness programs.

- **Use technology** such as social media, digital health coaching, mobile applications, and wearables to support wellness program goals.

- **Develop** a compliant, strategic plan for a comprehensive wellness program for a community, a business, a non-profit, or government organization.

**Program Core**

- COMM 401 Using Social Media in a Global World
- ENJC 205 Drug Recognition Training
- ENVS 303 Social Science for Environmental Professionals
- EVHS 205 Occupational Safety and Health
- EVHW 105 Introduction to Human Health
- EVHW 205 Health Literacy for Managers
- EVHW 305 Employee Benefits for Wellness
- EVHW 310 Mind, Body, Soul, Planet: Understanding the Mind-Body Connection for Long-Term Health
- EVHW 405 Health Coaching: How to Live a Balanced Life
- EVHW 410 Worksite Health Environment and Management
- MGMT 303 Strategic Management for Social Change

**Environmental Professional Core**

**Required:**
- EVPC 101 Professional Skills
- EVPC 401 Transformational Leadership
- EVPC 490 Transdisciplinary Capstone

**Choose From:**
- EVPC 301 Environmental Justice OR EVPC 305 Building a Better World: Ethical Decision-Making

**General Education Core**

- BIOL 103 Biology: Foundations of Life
- BIOL 104 Biology: Foundations of Life Laboratory
- CHEM 101 Chemistry I
- CHEM 102 Chemistry I Laboratory
- MATH 201 Statistics for Environmental Professionals
- PSYC 101 Introduction to Psychology

**College Wide Requirements**

A minimum of 120 earned credit hours, a minimum of 30 credits earned at Unity, and an overall cumulative GPA of 2.0 or above
Undergraduate Concentrations

**Emergency Disaster Management**
Learn how to proceed in the face of disasters to protect our environment.

**Environmental Justice & Social Change**
Protect our environment through policies and social change.

**Marine Biology & Sustainable Aquaculture**
Explore all aspects of oceanography, from vegetation to mammals.

**Renewable Energy**
Explore green technologies, such as wind, solar, geothermal and biomass power.

**Wildlife Ecology**
Understand how to manage different types of wildlife.

**Sustainable Business**
Develop sustainable business solutions and strategies for a modern world.

**Environmental GIS**
Develop in-demand Geographic Information Systems (GIS) mapping skills.

**Animal Health & Behavior**
Explore fundamental aspects of animal training and care.

**Sustainable Food & Farming**
Learn the systems that create a sustainable food culture.

**Hemp Industry & Science**
Explore the potential of the hemp industry and its products.

**Adventure Ecotourism**
Bring adventure to clients while respecting the environment.