Health Education and Promotion

Aligned with Health Educator Competencies
Graduates of this program are eligible to take the written Certified Health Education Specialist (CHES) examination offered through the National Commission for Health Education Credentialing (NCHEC).

Hands-on Learning
We strongly believe in real-life application of topics. Health education courses use multiple methods of interaction and assessment, including authentic case studies, presentations, lesson plans, group activities, review of research and evidence-based discussions. Majors have the opportunity to gain on-the-job experience, confidence, and a professional network through their field experience.

Strong Job Outlook
Projected employment for health educators is expected to increase at the rate of 11 percent by 2028. This projected growth is attributed to efforts to improve health outcomes and reduce health care costs through health and nutrition education. The Chicagoland area is the fifth-highest region for employment of health educators in the country.

SAMPLE COURSES:
- HLED 2280: Community Health and Nutrition
- HLED 3271: Health Education Planning
- HLED 4360: Dimensions of Wellness
- HLED 4366: Health Education Field Experience

SIMILAR MAJORS:
Students interested in educating others with medical conditions are encouraged to explore the nutrition and dietetics major. Complementary minors include nutrition and food sciences, management, communication arts, and psychology.

CAREERS: Health educators focus on teaching the public how to get and stay well. They work in a variety of settings, including community and public health agencies, health care and medical institutions, the military, and companies or corporations with worksite wellness facilities. Students are encouraged to visit the NCHEC website to view job descriptions and learn more about professional certification.

WHY STUDY HEALTH EDUCATION AND PROMOTION AT BENEDICTINE?
This major is for those who desire to help others become healthier. Our major provides a unique focus on nutrition for risk reduction. The health education and promotion major at Benedictine University provides students with the evidence-based knowledge and practical skills to screen, assess, plan, implement, monitor, and evaluate programs designed to promote, maintain, and improve the health of individuals, groups, and communities, while also making an impact on policy and the environment. Students learn to coordinate the provision of health education services and act as resources during field experiences, communicating needs and concerns. Through education and engagement, the program fosters the development of sustainable health solutions and health equity to advocate and strengthen the health of local and global communities. Close guidance from faculty ensure our students are prepared to enter their professional lives.

FOR MORE INFORMATION, VISIT BEN.EDU/COEHS
Improving health and education is a critical concern for every community. The College of Education and Health Services is dedicated to producing effective practitioners committed to scholarship, lifelong inquiry, leadership, and social responsibility. Health Services undergraduate majors are offered in Food and Nutrition Management, Health Education and Promotion, Nutrition and Dietetics, and Sports & Exercise Science. Careers within these fields continue to be some of the fastest-growing in the country, and we pride ourselves on preparing our students to take advantage of those opportunities. Can’t decide on a major? Our faculty and staff are committed to creating a decision-making framework through which students can identify and realize their educational goals.

FIELD EXPERIENCE
Field experiences are built into the curricula, allowing our students to learn more about their future professions first hand.

CAREER PROSPECTS
Our programs are designed to give students the tools they need to succeed in careers in some of the fastest-growing fields in the country.

MASTER’S PRE-MATCH
In their senior year, students have the opportunity to pre-match to our combined M.S. in Nutrition and Dietetics/ Dietetic Internship program.

The majority of classes for the College of Education and Health Services are held in Kindlon Hall of Learning or Birck Hall of Science. Our nutrition majors benefit from their own food services lab, while sports and exercise science majors take advantage of Benedictine’s state-of-the-art, 11,000-square-foot fitness center, which is housed in the Dan and Ada Rice Center.

I would describe the BenU nutrition program as intellectually rich and stimulating. I joined the program because it is one of the strongest in the state of Illinois. BenU’s degree in dietetics provided me with the foundation that helped me match to my dietetic internship at Edward Hines, Jr. VA Hospital; embark on my career as a clinical outpatient dietitian at Captain James A. Lovell Federal Health Care Center; and start making a difference in people’s lives.”

Hristina Tasevski, B.S.’18, Nutrition
Clinical Outpatient Dietitian at Captain James A. Lovell Federal Health Care Center

MAJORS WITHIN THE COLLEGE OF EDUCATION & HEALTH SERVICES

Elementary Education
Food and Nutrition Management+
Health Education and Promotion
Nutrition and Dietetics

Secondary Education (minor)
Special Education
Sport and Exercise Science

Student Association of Nutrition and Dietetics Club (SAND)

+ Denotes majors that are also available as minors

GET INVOLVED
College-Related Student Clubs and Organizations