



Benedictine
University
Mesa

Health Education and Promotion

You will be CHES ready

Projected employment for health educators is expected to increase at a rate much faster than the national average. Graduates of this program will meet the current academic eligibility requirements to take the written exam for Certified Health Education Specialist (CHES), offered through the National Commission for Health Education Credentialing, Inc. (NCHEC).

Engaged Learning with Faculty

One of the best parts about Benedictine is that our faculty are experts in their fields and our students get to participate in hands-on learning with each and every one of them. Our small class sizes allow our faculty to craft classes according to their students' specific needs and provide thorough feedback.

SAMPLE COURSES:

- HLED 3271: Health Education
- HLED 3280: Community Health and Nutrition
- HLED 3363: Management & Health Initiatives
- HLED 4360: Dimensions of Wellness
- HLED 4366: Health Education Field Experience
- NUTR 3244: Food Science + Lab

BENEDICTINE IS IN CO+HOOTS

The CO+HOOTS Institute for Entrepreneurship at Benedictine will begin in the Fall of 2020 and offer BenU Mesa students a safe environment to learn and launch a potential business under the guidance of practicing, experienced, and successful entrepreneurs. The four-year intensive immersion program will develop and support the growth of our students' innovative and creative ideas. Applications are now being accepted!

WHY STUDY HEALTH EDUCATION AND PROMOTION AT BENEDICTINE MESA?

Are you interested in health and wellness? Are you looking to explore the complexities of human behavior and identify ways to promote healthier lifestyles? Then Health Education and Promotion is for you! Our program focuses on how to improve the health behaviors of different populations through hands-on experiences and interactive learning. Students will be taught how to meet the needs of different cultures by planning life-changing, interactive and informative health education/promotion programs. The faculty will assist students in conducting research to evaluate different programs' effectiveness and sharing best practices.

FOR MORE INFORMATION, VISIT OUR WEBSITE AT BEN.EDU/MESA

BENEDICTINE UNIVERSITY MESA

At Benedictine Mesa you will find not only academic excellence in a well-rounded liberal arts environment, but also a values-based community in the Catholic, Benedictine tradition. You will receive individual attention and unique opportunities to build a resume that will prepare you to step out into the world upon graduation. Our faculty, who are experts in their fields, will inspire you, while our academic and career counselors will help guide and prepare you for life after college.

SCHOLARSHIPS AVAILABLE

Benedictine offers over 100+ scholarships to our current and future students!

All scholarships can be found online at ben.edu/mesa/admissions/scholarships

“Health education establishes people’s awareness, skills, and encourages them to adopt positive attitudes towards their well-being. The Health Education and Promotion program has helped raise my knowledge about physical, mental, emotional, and social health. Being in athletics my entire life, I have always been passionate about how I can be my best self, both physically and mentally. I’ve learned that certain cultures and races are prone to diseases and it’s so rewarding to be able to inform and educate people on how they can live a long and healthy life, no matter how old you are or where you come from.”

TYLER FERNSTROM, '22 | HEALTH EDUCATION

Aloha, Oregon | Men’s Basketball



GET INVOLVED

Benedictine offers over 20 different clubs and organizations to join!

Redhawk Student Association
Bowling
Rotaract
Hispanic Student Association

Black Student Union
eSports
Women’s Fellowship
Men’s Fellowship

Peer Ministry Team
Jo Wilson Leadership Institute
CO+HOOTS Entrepreneurship
Institute at Benedictine

APPLY TO BENEDICTINE MESA ONLINE AT BEN.EDU/MESA/APPLY