

Physical Health and Wellness

Background –

The Physical Health and Wellness field involves work in community health education, fitness and wellness, and volunteer organization positions. With more education (either in psychology or medical field) advanced career options may be possible (e.g. physical and occupational therapy, medical doctor or health psychologist).

What could I earn working in this field?

1. Health Educator – generally need a Health Education degree, however Psychology may be sufficient for some positions (Median Salary \$53, 070)*
2. Community Health Worker – a High School Diploma or GED is required (Median Salary \$37,330)*

What classes at GVSU may help prepare me for a career in this field? Discuss with your advisor which courses among those on this list, along with other courses not listed here, would best serve your career goals.

1. **PSY 367** – Health Psychology
2. **PSY 366** – Perspectives on Aging
3. **PSY 435** – Physiological Psychology
4. **PSY 330** – Behavioral Neuroscience
5. **PSY 368** – Physical Disabilities
6. **Therapeutic Recreation** – Separate GVSU program but Psychology students can enroll in these electives. **These are content heavy on techniques, skills and tools that are recreational therapist would use**
 - i. **REC 313** – Physical Disabilities
 - ii. **REC 315** – Recreation and Mental Health
 - iii. **REC 316** – Older Adult
 - iv. **REC 317** – Pediatrics

What applicable skills do people strive to have in this field? Analytical skills, interpersonal skills, active listening skills, ability to work in groups or individuals, sufficient writing skills and adequate problem-solving skills are all important for those in this field to have.

Possible Job Titles -

1. Community Living Specialist: provide support to adults creating community involvement opportunities
2. Community Health Worker: assist clients and community organizations to adopt healthy behaviors. Providing social support, resources, training and data collection on the adoption of these behaviors are also duties of this position.

*Median Salaries from bls.gov (2016)