WHAT can I do with a major in?

Nutrition & Wellness

Career choice may or may not be closely related to the choice of undergraduate major. The following is a short list of ideas and resources to assist with career planning.

Sample job titles

<table>
<thead>
<tr>
<th>Wellness Coach</th>
<th>Nutrition Writer</th>
<th>Experience/Masters Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Coach</td>
<td>Health Services Manager</td>
<td>Registered Dietitian</td>
</tr>
<tr>
<td>Nutrition Analyst</td>
<td>Wellness Specialist</td>
<td>Nutritionist</td>
</tr>
<tr>
<td>WIC</td>
<td>Weight Loss Consultation</td>
<td>Nutrition Educator</td>
</tr>
</tbody>
</table>

Links to explore

MTSU Official: www.mtsu.edu/programs/nutrition/

Career Planning
https://www.eatrightpro.org/practice/career-development/career-toolbox: Career Development Toolbox
https://www.nasm.org/continuing-education/online-nutrition-courses

Job Search
https://eatright.nationalhealthcarecareers.com/: Academy of Nutrition and Dietetics Job Board
https://nbhwc.org/job-board/JobBoard/Jobs
https://www.linkedin.com/jobs/health-coach-jobs-tennessee/
https://www.ziprecruiter.com/Jobs/Wellness-Coach/--in-Tennessee

Professional Organization
https://nbhwc.org/: National Board for Health & Wellness Coaching
https://www.nshcoa.com/: National Society of Health Coaches
https://nationalwellness.org/: National Wellness Institute
https://www.welcoa.org/: Wellness Council of America

For more information visit us at www.mtsu.edu/career or in person at the KUC 328. To make an appointment call 615.898.2500.

Other Resources for Staff Use: