Sierra Giles

Department of Kinesiology and Health Science
Graduate student spotlight: Sierra Giles (HEP MPH)

What do you like about being a student in the KHS Department?

I love that in the KHS department I get to learn about things I am passionate about, and then take what I have learned and apply it in a real-world setting. It has been exciting to learn about health science in theory, and then put it into practice, gain hands on experience, and see real life results.

Why did you decide on your program?

I decided on the Master of Public Health program because I wanted to further my education but already had a full schedule, and this program provided me with an opportunity to continue learning in a flexible manner, from some of the best professors around! I also love the topic of Public Health and feel that it is so important in today’s world, and I’m excited to be a part of the industry.

What are your long-term goals?

My long-term goal has always been to work in a career where I can help improve people’s lives, and I believe the prevention side of health is the way to go. Right now, I am focused on workplace wellness and would love to do it long-term! No matter where I end up, my goal is to work in an area where I can make a difference through health education and promotion, whether it be in on a personal level or in a community setting.

Sierra Giles is completing a Master of Public Health: Health Education and Promotion. Employed by Malouf Home in Logan, UT, she recently presented her research on workplace wellness findings at the 2021 Utah State University Student Research Symposium. For more information, contact Dr. Debasree Das Gupta.