



Health and Wellness Management

2017-2019

** This is a sample of the type of curriculum a new freshman would take to complete a degree in 4 years.*

<p>SEMESTER 1</p> <p>University Studies--3 credits University Studies--3 credits University Studies--3 credits University Studies--3 credits University Studies--3 credits</p> <p>Total - 15 Credits</p>	<p>SEMESTER 2</p> <p>PSYC 101: Introduction to Psychology--3 credits BIOL 115: Human Biology OR 123: Concepts in Biology--4 credits University Studies--3 credits University Studies--3 credits University Studies--3 credits</p> <p>Total - 16 credits</p>
<p>SEMESTER 3</p> <p>University Studies--3 credits University Studies--3 credits University Studies--3 credits University Studies--3 credits University Studies--3 credits</p> <p>Total - 15 credits</p>	<p>SEMESTER 4</p> <p>University Studies--3 credits HWM 300: Introduction to Human Health--3 credits HWM 305: The Wellness Profession--3 credits HWM 310: Changes Across the Life Span--3 credits HWM 315: Resource Management for Wellness Managers--3 credits</p> <p>Total - 15 credits</p>
<p>SEMESTER 5</p> <p>HWM 320: Health and Medical Terminology--3 credits HWM 325: Health Literacy--3 credits HWM 335: Worksite Health Environment--3 credits HWM 350: Research Statistics for Wellness Managers--3 credits HWM 385: Marketing and Communication for Wellness Managers--3 credits</p> <p>Total - 15 credits</p>	<p>SEMESTER 6</p> <p>HWM 345: Physical Activity and Nutrition--3 credits HWM 360: Stress and Dependencies and Addictions--3 credits HWM 405: Survey of Information Technology in Wellness--3 credits HWM 475: Employee Health and Well Being--3 credits HWM 470: Assessment and Evaluation for Wellness Managers--3 credits</p> <p>Total - 15 credits</p>
<p>SEMESTER 7</p> <p>HWM 370: Understand and Effecting Health Behavior Change--3 credits HWM 430: Population Health for Wellness Managers--3 credits HWM 460: Leadership and Change Management in Health--3 credits HWM 480: Health Benefits for Wellness Managers--3 credits Elective--3 credits</p> <p>Total - 15 credits</p>	<p>SEMESTER 8</p> <p>HWM 485: Health Coaching for Wellness Managers--3 credits HWM 496: Health and Wellness Capstone--6 credits Elective--3 credits Elective--3 credits</p> <p>Total - 15 credits</p>