

Health and Wellness Management

2019 - 2021

** 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>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 University Studies - 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>