

Health & Wellness Management (HWM)

Courses

HWM 700. Contemporary Health and Wellness Perspectives. 3 Credits.

Explore the determinants of health, health equity, and best practices in fostering holistic well-being. Students will use evidence-informed approaches to effectively promote individual and organizational well-being culture through multiple communication modalities. Explore the expectations and development of wellness professionals as agents of change.

P: graduate status
Fall and Spring.

HWM 705. Strategic Management for Wellness Managers. 3 Credits.

Determine an organization's strategic direction by evaluating the external environment and stakeholder needs, and taking inventory of what internal resources and capabilities are necessary. Use this information to establish specific actions, organizational structure and systems, ethical implications and the inclusive culture needed to achieve organizational goals.

P: graduate status
Fall and Spring.

HWM 710. Research and Data Analysis for Wellness Programs. 3 Credits.

Prepares students collecting and analyzing data and evaluating research for designing wellness programs. Students will: 1) identify the health and wellness needs of diverse audiences, 2) collect and evaluate data. Students will identify and utilize analytical tools for a given issue and consider the ethical implications of using these methods.

P: admitted into HWM degree or certificates
Spring.

HWM 715. Professional Communication for Wellness Managers. 3 Credits.

Understand the role of effective communication in health and wellness management. Apply multiple communication skills and tools tailored to a target audience to bring about change in an organizational or community context.

P: admitted into HWM degree or certificates
Fall and Spring.

HWM 720. Exercise and Nutrition in Health and Disease. 3 Credits.

This course covers the roles that physical activity, exercise, and nutrition play in health and the prevention, management, and treatment of common diseases. The course provides a practical understanding of the current guidelines and evidence-based practice in exercise and nutrition.

Fall and Spring.

HWM 725. Evidence-based Practices in Health and Wellness. 3 Credits.

Discover what evidence-based practice is and why it matters for health and wellness professionals. The course provides procedures and tools to explore reliable information about health determinants and intervention approaches (physical, mental, and social well-being). The course provides a practical application of the stages of evidence-based practice.

P: graduate status;admitted into HWM degree or certificates
Fall and Spring.

HWM 730. Holistic Aspects of Health. 3 Credits.

This course examines current population health issues by analyzing their biological, psychological, and social-environmental determinants. Taking a holistic focus, students apply evidenced-based approaches in health psychology. Students learn how to create and deliver effective evidence-informed messaging to address these issues and positively impact health outcomes.

P: admitted into HWM degree or certificates
Fall and Spring.

HWM 740. Health Systems and Policy for Wellness Managers. 3 Credits.

This course provides information pertaining to the US Health Care System with special emphasis on health and wellness. It provides an overview of the major public and private stakeholders including public health, insurance, and health care providers. Participants will examine how health policy impacts the design and financing of wellness programs.

Fall and Spring.

HWM 750. Planning and Evaluation for Wellness Managers. 3 Credits.

Examine the planning, implementation, and evaluation of wellness programs as inter-related, cyclical activities. Students will implement the major strategic activities and processes involved in planning and evaluating wellness programs, aiming to foster a culture of well-being within diverse environments.

P: admitted into HWM degree or certificates
Fall and Spring.

HWM 755. Health Policy and Action. 3 Credits.

Students will examine the role of government agencies in shaping health policy and health equity. Analyze Students will analyze current federal, state, and local regulations and impacts on health outcomes as well as understand healthcare systems and insurance. Students will evaluate potential providers and contracts. An emphasis will be placed on ethical principles, social responsibility, and diversity, equity, and inclusion (DEI).

P: admitted into HWM degree or certificates

Fall and Spring.

HWM 760. Wellness Law. 3 Credits.

This course introduces students to the legal and ethical environment of wellness management. Topics include the Affordable Care Act, Americans with Disabilities Act and HIPAA. Students will learn effective negotiation skills that can be used when dealing with contracts and vendors.

Fall and Spring.

HWM 770. Human and Group Behavior. 3 Credits.

Explore why people and groups behave as they do. Interpret evidence from well-designed research studies and ethical practices to examine the integration of health and wellness initiatives. Analyze organizational design (micro-, mid-, and macro-level) and human behavior to more effectively engage stakeholders and promote a culture of well-being.

P: admitted into HWM degree or certificates

Fall and Spring.

HWM 780. Best Practices and Emerging Issues in Wellness. 3 Credits.

In this course, students will study emerging trends, innovations, and best practices in the health and wellness industry with emphasis on preventative health care. Students will investigate major health challenges, programs, and policies to determine the influence of social, economic, multicultural, and global pressures on successful wellness practices.

P: HWM 700, HWM 705, HWM 710, HWM 720, HWM 730; admitted into HWM degree or certificates

Fall and Spring.

HWM 787. Capstone Preparation Course. 1 Credit.

This course provides the opportunity for students to prepare for their semester-long capstone project. Students will identify a partner organization with whom they can collaborate for completion of their capstone project the following or a subsequent semester. Students will develop a project proposal designed to synthesize and apply information from the Master of Science in Health and Wellness Management curriculum and meet the needs and interests of the partner organization.

P: 18 credits completed or Academic Director consent; admitted into HWM degree or certificates

Fall and Spring.

HWM 790. Health and Wellness Management Capstone. 3 Credits.

This course provides a cohesive experience designed to synthesize and apply information from the MS HWM curricula. Students complete an individual capstone experience that demonstrates thorough understanding of the knowledge, skills and disposition necessary to be a successful health and wellness manager.

P: HWM 787; admitted into HWM degree or certificates

Fall and Spring.