

FOUNDATIONS OF HEALTH AND WELLNESS CERTIFICATE

This certificate offers individuals from a variety of professional backgrounds the opportunity to study important health and well-being principles and practices. This certificate examines the many different aspects of health and provides the tools necessary to be able to find reliable health information. Students in this program will learn what it means to be an agent of change and how to apply evidence-based practices to effectively address the health needs of a population.

Target Audience

- HR and other professionals who have wellness related duties as an added responsibility.
- Healthcare employees who want to learn more about well-being.
- Other career changers who are wondering if a career in health and wellness is right for them.

Admission Requirements

- Apply as a "Graduate non-Degree Applicant."
- When asked "Are you applying as a degree-seeking student?" select "No", and that you plan to take "Graduate" classes.
 - Select "UW-Superior" as the campus.
 - Choose "Foundations of Health and Wellness Certificate (non-degree seeking) Graduate" for program.
 - No application fee. Skip the application fee section.
- Not eligible for financial aid.

Courses Included

Code	Title	Hours
HWM 700	Contemporary Health and Wellness Perspectives	3.00
HWM 725	Evidence Based Practice in Health and Wellness	3.00
HWM 730	Holistic Aspects of Health	3.00