

# HEALTH AND WELLNESS MANAGEMENT

## Master of Science in Health and Wellness Management

The program, designed with input from industry leaders, offers a comprehensive and integrative curriculum with a strong focus on strategic planning, program budgeting, change management, and systems thinking—next-level skills that will put graduates in high demand in the health and wellness management market. This professional degree program is offered entirely online.

Health and wellness management is an increasingly competitive field—as wellness programs become a normal function within the corporate environment, professionals in the field must now perform a growing number of tasks that previously fell under the rubric of C-level executives. In the pursuit of these high-visibility roles, a master's degree offers notable value.

The Master of Science in Health and Wellness Management program is intended for students with a bachelor's degree in areas including (but not limited to) community health, health education, kinesiology, exercise science, nutrition, health promotion, recreation management, human resources, or social work; and who have limited education and training in the management field.

Students in the program will enjoy affordable tuition that compares favorably to competing graduate programs from other institutions. Like other collaborative online University of Wisconsin programs, students will pay the same tuition whether they live in Wisconsin or out of state.

Grow your skills with a multidisciplinary curriculum focused on providing you with the skill set employers are searching for. In the program, you will learn how to:

- Demonstrate effective communication skills for diverse audiences
- Demonstrate effective organizational development
- Utilize population health tools for wellness management
- Apply appropriate management practices for organizational wellness
- Effectively navigate the legal and ethical environment of wellness management
- Demonstrate knowledge in the scientific foundations of wellness

## Program Features

- **Student Support:** Experienced UW-Superior advisors understand your needs, provide support and connect you with resources to get ahead.
- **Convenience:** Because all classes are fully online, you can complete the program from where you live and work, studying at the time of day that's convenient for you.
- **Quality:** Courses in the Online Master of Science in Health & Wellness program are taught by the University of Wisconsin's excellent faculty.

## Admission Requirements

Admission to the program requires a bachelor's degree and a 3.0 GPA. Aptitude tests, such as the GMAT and GRE, are not required. Full admission requirements include:

Students will be required to satisfy all program prerequisites prior to formal admission into the program. Academic Directors are provided the option to waive one or more prerequisites based, in part, on student background and work experience.

- Bachelor's degree from an accredited institution
- 3.0 GPA

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- Two (2) letters of recommendation (can be professional or academic)
- Resume
- Up to 1,000 word statement of personal intent describing decision to pursue this degree and what you believe you will bring to the health and wellness management field.
- No required aptitude tests (GRE, GMAT, e.g.)

## Faculty and Instructional Staff

Mei Cao, Professor, Academic Director  
Ephraim Nikoi, Professor  
Peter J. Stark, Adjunct Senior Lecturer

## Curriculum and Courses

The UW Master of Science in Health & Wellness program offers a rigorous curriculum grounded in both wellness and management. In the program, you are required to take each of the 10 courses in the curriculum. Each course is three credits.

Code	Title	Hours
HWM 700	Contemporary Health and Wellness Perspectives	3.00
HWM 705	Strategic Management for Wellness Managers	3.00
HWM 710	Research and Data Analysis for Wellness Programs	3.00
HWM 715	Professional Communication for Wellness Managers	3.00
HWM 725	Evidence Based Practice in Health and Wellness	3.00
HWM 730	Holistic Aspects of Health	3.00
HWM 750	Planning and Evaluation for Wellness Managers	3.00
HWM 755	Health and Wellness Law, Policy, and Action	3.00
HWM 770	Human and Group Behavior	3.00
HWM 787	Capstone Preparation	1.00
HWM 790	Health and Wellness Management Capstone Course	3.00
<b>Total Hours</b>		<b>31.00</b>