

HEALTH AND WELLNESS MANAGEMENT MAJOR

Requirements

61 total credits

Code	Title	Hours
Required Courses		
HWM 300	Introduction to Human Health	3.00
HWM 305	The Wellness Profession	3.00
HWM 310	Changes Across the Life Span	3.00
HWM 315	Workplace Wellness Program Management	3.00
HWM 320	Health and Medical Terminology	3.00
HWM 325	Health Literacy	3.00
HWM 335	Worksite Health Environment	3.00
HWM 345	Physical Activity and Nutrition for Wellness Managers	3.00
HWM 350	Research Statistics for Wellness Managers	3.00
HWM 360	Stress and Dependencies and Addictions	3.00
HWM 370	Understand and Effecting Health Behavior Change	3.00
HWM 385	Marketing and Communication for Wellness Managers	3.00
HWM 405	Survey of Information Technology in Wellness	3.00
HWM 430	Population Health for Wellness Managers	3.00
HWM 460	Leadership and Change Management in Health	3.00
HWM 470	Assessment and Evaluation for Wellness Managers	3.00
HWM 480	Health Benefits for Wellness Managers	3.00
HWM 485	Health Coaching for Wellness Managers	3.00
HWM 493	Health and Wellness Management Fieldwork Prep	1.00
HWM 494	Health and Wellness Management Fieldwork	3.00
HWM 496	Health and Wellness Management Capstone	3.00
Total Hours		61.00