

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 |