

# HEALTH & WELLNESS MANAGEMENT (HWM)

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## **HWM 300 Introduction to Human Health 3.00**

Designed to provide students with general background knowledge on many of the issues impacting our health today. Topics of study will include issues in mental, physical and social health such as stress, nutrition and fitness, alcohol, tobacco and other drugs, relationships and sexuality and diseases and disorders. An introduction to behavior change theories and the factors contributing to overall wellness will also be included.

### **Prerequisites:**

Prerequisite for taking this course is having completed BIOL 115, 123, 130, or 270 & 280.

## **HWM 305 The Wellness Profession 3.00**

This course explores the definition of health, health promotion and holistic wellness. You will learn the professional role and personal commitment required to implement life-style wellness programs. The course includes an overview of the history and philosophy contributing to the success of wellness and health promotion professionals. You will be introduced to experiential and self learning of a personal wellness program that facilitates improved health in the seven-dimensions including: Social, Physical, Emotional, Career, Intellectual, Environmental and Spiritual.

### **Prerequisites:**

Prerequisite for taking this course is having completed PSYC 101.

## **HWM 310 Changes Across the Life Span 3.00**

This course explores research and theory regarding the nature and processes of human development from early adulthood through old age and death. Key topics include biological theories of aging; the changing body; disorders of the brain, personality development; changing memory and thinking skills; relationship issues, careers and retirement, and death/dying.

### **Prerequisites:**

Prerequisite for taking this course is having completed BIOL 115, 123, 130, or 270 & 280.

## **HWM 315 Workplace Wellness Program Management 3.00**

This course examines the tenets of developing a successful worksite wellness program, introducing key concepts, resources and tools.

Students will be introduced to worksite wellness, working with management, creating wellness teams, collecting data, strategic planning, incentives, budgets, legal issues, and creating supportive environments.

### **Prerequisites:**

Prerequisite for taking this course is PSYC 101

## **HWM 320 Health and Medical Terminology 3.00**

The purpose of this course is to introduce the student to the basic terminology. Since health care uses a unique blend of prefixes, suffixes and terms related to both preventative and clinical care, it is important that the wellness profession has the knowledge and abilities to decipher this information.

## **HWM 325 Health Literacy 3.00**

This course will explore the current understandings and work in health literacy research, advocacy, and outreach efforts across the various health education and related fields. It will include readings, discussions, and competencies in evaluation health information for quality and credibility; locating health information and determining quality resources; identifying and assessing population health literacy; and understanding the networks of agencies working in the health settings to address literacy in the health field.

### **Prerequisites:**

Prerequisite for taking this course is PSYC 101

## **HWM 335 Worksite Health Environment 3.00**

This course examines the workplace environment's influence on daily health decisions and focuses on practical, contextual levers of behavioral change. Novel insights from the fields of behavioral economics and consumer marketing will be reviewed to help students understand the cognitive barriers to health behavior change and the environmental "nudges" that can be leveraged to overcome these barriers at work. Students will explore environmental assessment tools, active design principles, workplace policies, supportive research and real world examples.

## **HWM 345 Physical Activity and Nutrition for Wellness Managers 3.00**

This course presents professional recommendations and guidelines for physical activity and nutrition. Students will design workplace strategies that will meet recommendations and guidelines to support employees.

### **Prerequisites:**

Having completed BIOL 115, 123, 130, or 270/280 is prerequisite for taking this course.

## **HWM 350 Research Statistics for Wellness Managers 3.00**

This course is designed to familiarize students with research nomenclature, procedures for the design and evaluation of research, and interpretation of statistical analysis in the health field. This course will also provide the tools for critically evaluating the validity of health research.

## **HWM 360 Stress and Dependencies and Addictions 3.00**

This course examines common behavioral strategies with regard to stress and its management and the use of alternative remedies for physical and emotional dependencies and addictions.

### **Prerequisites:**

Prerequisite for taking this course is having completed PSYC 101 and BIOL 115, 123, 130, or 270 & 280.

## **HWM 370 Understand and Effecting Health Behavior Change 3.00**

This course provides the basic knowledge of foundational change theories, including the Transtheoretical Stages of Change model, in order to help students understand how health behavior change happens. Included in the course is a self-reflection on personal wellness and strategies for implementing health behavior change.

### **Prerequisites:**

Prerequisite for taking this course is having completed PSYC 101 and HWM 300.

**HWM 385 Marketing and Communication for Wellness Managers 3.00**

Students will develop basic marketing and promotional skills, grounded in the disciplines of social marketing, health communication and business marketing that address consumer health "needs" and customer "wants". Students will be able to assess market opportunities in wellness services, programs and facilities, and create marketing strategies and tactics. Emphases will be placed on best practices for behavior change, instead of cost savings for employers, improved customer/employee participation and/or revenues for wellness programs, services and facilities.

**Prerequisites:**

Prerequisite is HWM 325.

**HWM 399 Special Topics in Health and Wellness Management 3.00****HWM 405 Survey of Information Technology in Wellness 3.00**

This course is designed to provide students with: 1) An overview of various information technology products and mediums impacting the wellness industry, such as (but not limited to) web portals, online health risk assessments, interactive health tools, trackers, videos/podcasts, telephone and digital health coaching, online challenges, social networking, electronic medical records, personal health records, electronic health (eHealth), mobile health (mHealth), mobile applications, and portable tracking devices (e.g., pedometers, glucose monitors, etc.) 2) The information and resources needed to assess, create, and/or select appropriate technologies and vendors.

**Prerequisites:**

Prerequisite is HWM 315

**HWM 430 Population Health for Wellness Managers 3.00**

This course introduces the evolution of health problems and services and will examine the methods designed to capture a community and workplace health profile. The participant will apply concepts involved in measuring and understanding the health of individuals and populations in order to enhance quality of life. The key social determinants of wellness and their interactions will be considered.

**Prerequisites:**

Successful completion of HWM 300 & 350.

**HWM 460 Leadership and Change Management in Health 3.00**

This course will examine the various leadership and management styles, including business models of leadership. Organizational behavior, decision-making, and attributes of effective leadership will be reviewed in this course. Understanding the impact of changes in healthcare, wellness and fitness programs on various organizations is an objective of this course.

**Prerequisites:**

Prerequisite for taking this course is completion of HWM 315 (previously HWM 400)

**HWM 470 Assessment and Evaluation for Wellness Managers 3.00**

This course surveys general approaches to assessment, programming and evaluation in health and wellness settings. Participants will explore individual, group, and organizational approaches to assessment, programming, and evaluating planned and organized efforts to promote both health and wellness.

**Prerequisites:**

Prerequisite for taking this course is completion of HWM 335 (or HWM 380) and HWM 430.

**HWM 480 Health Benefits for Wellness Managers 3.00**

The design and administration of a health care plan plays a key role in attracting and retaining employees and employers cost savings. This course is designed to provide you with a solid introduction to the basic issues of health care benefits and how to integrate successful return on investment, ROI, strategies for adopting preventive health benefits that enhance employee's well being.

**Prerequisites:**

Prerequisite for taking this course is having completed HWM 315 (previously HWM 400)

**HWM 485 Health Coaching for Wellness Managers 3.00**

The course will assist in developing a strong, useful theoretical viewpoint for health coaching as well as to understand those of therapists and how differential treatment therapeutic goals are set. Definition of coaching and diverse methodologies will be taught, practiced, compared and contrasted. Students will specifically gain an understanding of "What treatment, by whom, is most effective for individuals displaying specific problems and under what set of circumstances? As a result you will learn a variety of treatment modalities, and learn to respect vastly differing worldviews.

**Prerequisites:**

Prerequisite for taking this course is having completed HWM 305/340 & HWM 370.

**HWM 492 Independent Study in Health & Wellness Management 1.00-6.00**

This course is designed as a supplement to the required course work in HWM to meet special interests and/or needs of the student. Prerequisite: Consent of HWM Academic Director.

**Typically Offered:**

- Fall, Spring, and Summer Terms

**HWM 493 Health and Wellness Management Fieldwork Prep 1.00**

This course requires students to identify and secure fieldwork placement for completion the following semester. The fieldwork experience develops skills in program planning, implementation, promotion and evaluation, oral and written communication, collaboration and networking.

**Typically Offered:**

- Fall, Spring, and Summer Terms

**HWM 494 Health and Wellness Management Fieldwork 3.00**

Students engage in practical fieldwork experience as a pre-professional in a health/wellness setting to utilize skills and knowledge acquired in previous courses. This fieldwork experience is designed to further develop skills in some, but not necessarily all, of the following areas: program planning, implementation, promotion and evaluation, oral and written communication, collaboration and networking.

**Prerequisites:**

HWM 460, 470, 480, 493

**Typically Offered:**

- Fall, Spring, and Summer Terms

**HWM 496 Health and Wellness Management Capstone 3.00**

This course requires the application of knowledge and skills acquired through successful completion of all HWM courses taken prior to or concurrent with this course. Using a case study, students demonstrate competence in health and wellness management by completing assignments and participating in discussion that results in the logical, sequential building of a strategic plan for a comprehensive corporate wellness program. Students demonstrate interviewing, professional networking and resume writing skills along with formally presenting their final strategic plan.

**Prerequisites:**

Prerequisite for taking this course is HWM 460, 470, 475/490 and 480/440.

**Typically Offered:**

- Fall, Spring, and Summer Terms

**HWM 499 Special Topics in Health and Wellness Management 3.00**