

Foundations of Health and Wellness-Graduate Certificate (FHW)

This certificate introduces health and wellness principles and practices. You'll learn how to apply a holistic approach and use evidence-based practices to address population health issues, and examine the determinants of health, their underlying causes, and how they impact health outcomes.

HWM 700 Contemporary Health and Wellness Perspectives (MS, FHW) 3 Credits

Explore the determinants of health, health equity, and best practices in fostering holistic well-being. Students will use evidence-informed approaches to effectively promote individual and organizational well-being culture through multiple communication modalities. Explore the expectations and development of wellness professionals as agents of change.

[HWM 700 course syllabus](#)

HWM 725 Evidence-based Practices in Health and Wellness (MS, FHW) 3 Credits

Discover what evidence-based practice is and why it matters for health and wellness professionals. The course provides procedures and tools to explore reliable information about health determinants and intervention approaches (physical, mental, and social well-being). The course provides a practical application of the stages of evidence-based practice.

[HWM 725 course syllabus](#)

HWM 730 Holistics Aspects of Health (MS, FHW) 3 Credits

This course examines current population health issues by analyzing their biological, psychological, and social-environmental determinants. Taking a holistic focus, students apply evidenced-based approaches in health psychology. Create and deliver effective evidence-informed messaging to address these issues and positively impact health outcomes.

[HWM 730 course syllabus](#)

Leadership in Health and Wellness-Graduate Certificate (LHW)

In this certificate you'll learn how to engage and lead a team of wellness professionals while promoting a culture of well-being in a variety of settings. Develop skills in strategic planning, team building, budgeting, vendor selection, and contracts, wellness program planning and evaluation, organizational behavior, and project management.

HWM 705 Strategic Management for Wellness Managers (MS, LHW) **3 Credits**

Determine an organization's strategic direction by evaluating the external environment and stakeholder needs and taking inventory of what internal resources and capabilities are necessary. Use this information to establish specific actions, organizational structure and systems, ethical implications and the inclusive culture needed to achieve organizational goals.

[HWM 705 course syllabus](#)

HWM 750 Planning and Evaluation for Wellness Managers (MS, LHW) **3 Credits**

Examine the planning, implementation, and evaluation of wellness programs as interrelated, cyclical activities. Students will implement the major strategic activities and processes involved in planning and evaluating wellness programs, aiming to foster a culture of well-being within diverse environments.

[HWM 750 course syllabus](#)

HWM 770 Human and Group Behavior in Organizations (MS, LHW) **3 Credits**

In this course, students will study organizations, their members, and analyze why people and groups behave as they do. Processes and methods that improve behavior, effectiveness, and efficiency in organizational settings will be examined. The course will also cover various methods for assessing organizational behavior and change.

[HWM 770 course syllabus](#)

Improving Health with Data and Policy-Graduate Certificate (HDP)

In this certificate you'll learn how to identify and address health issues by using data to make informed decisions, including methods for collecting, evaluating, and communicating data to a variety of audiences. You'll also examine how federal, state, and local regulations, and healthcare systems influence health outcomes and equity.

HWM 710 Research and Data Analysis for Wellness Programs (MS, HDP) **3 Credits**

Prepares students collecting and analyzing data and evaluating research for designing wellness programs. Students will: 1) identify the health and wellness needs of diverse audiences, and 2) collect and evaluate data. Students will identify and utilize analytical tools for a given issue and consider the ethical implications of using these methods.

[HWM 710 course syllabus](#)

HWM 715 Professional Communication for Wellness Managers (MS, HDP) **3 Credits**

Understand the role of effective communication in health and wellness management. Apply multiple communication skills and tools tailored to a target audience to bring about change in an organizational or community context.

[HWM 715 course syllabus](#)

HWM 755 Health Policy and Action (New in Spring 2025) (MS, HDP) **3 Credits**

Students will examine the role of government agencies in shaping health policy and health equity. Students will analyze current federal, state, and local regulations and impacts on health outcomes as well as understand healthcare systems and insurance. Students will evaluate potential providers and contracts. An emphasis will be placed on ethical principles social responsibility and diversity, equity, and inclusion (DEI).

[HWM 755 course syllabus](#)

Master's Capstone (MS)

A capstone project is required to earn the master's degree, and typically completed in the final semester. As of the Fall 2023 semester, new students enrolling in the master's degree will be required to take *HWM 787 Capstone Prep*, a one-credit course that helps students prepare for their semester-long capstone project (HWM 790). The course is the result of student feedback and is intended to provide students with a more positive and effective capstone experience.

HWM 787 Capstone Prep (MS) **1 Credits**

This course provides the opportunity for students to prepare for their semester-long capstone project. Students will identify a partner organization with whom they can collaborate for completion of their capstone project the following or a subsequent semester. Students will develop a project proposal designed to synthesize and apply information from the Master of Science in Health and Wellness Management curriculum.

This course is only required for new students starting in Fall 2023 or later.

Prerequisites: 18 credits in the program or with academic director consent

[HWM 787 course syllabus](#)

HWM 790 Health and Wellness Management Capstone (MS) **3 Credits**

This course provides a cohesive experience designed to synthesize and apply information from the Master of Science in Health and Wellness Management curriculum. Students will complete an individual capstone experience that demonstrates thorough understanding of the knowledge, skills, and disposition necessary to be a successful health and wellness manager. [Learn more about the Health and Wellness Management capstone](#), and for inspiration and ideas, [explore past capstone projects](#).

Prerequisite: HWM 787 Capstone Prep

[HWM 790 course syllabus](#)