

Fall 2025

Course Preview Week: August 26 - September 01, 2025

Semester Dates: September 02 - December 12, 2025

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 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 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 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](#)

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](#)