

Spring 2026

Registration Opens: November 10, 2025

Course Preview Week: January 20 - January 26, 2026

Semester Dates: January 27 - May 08, 2026

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 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 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](#)

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](#)

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](#)