

FROM HEALTHY WORKPLACES TO HEALTHY COMMUNITIES

Earn a University of Wisconsin Master of Science
in Health and Wellness Management Online

A 13-course, 37-credit graduate program

The online **Master of Science in Health and Wellness Management** is designed for adult students who want to advance their career by developing strategic leadership skills alongside an expanded understanding of contemporary health and well-being perspectives. As a wellness professional you can make a difference in a rewarding career whether you are leading health promotion initiatives in the workplace, for a community health agency, or other organization.

Employers Recognize Need for Workplace Well-being Programs

According to the *Wellable 2022 Employee Wellness Industry Trends Report*, 35% of employers surveyed expect to invest more in health and well-being programs. The U.S. Bureau of Labor Statistics forecasts 17 percent growth in employment of health education specialists and community health workers from 2020 to 2030 due to "an emphasis on promoting healthy behaviors, particularly based on experiences from the COVID-19 pandemic."

Wellness programs are evolving, adapting to recent changes in the workplace and societal change, beyond a focus on physical health, to encompass all dimensions of health, including physical, mental, and emotional health. Many programs also take into account social determinants of health—the conditions in which people live and work that influence health outcomes. Likewise, reasons for offering workplace well-being programs have gone beyond healthcare cost savings as organizations recognize the importance of well-being for the whole person and its impact on the organization itself.



"While there are numerous definitions and dimensions to wellness, in general, it is a guiding philosophy and a way of life. It is thriving each day instead of merely surviving each day."

—Penny Lyter, Academic Director,
UW Health and Wellness Management, UW-Parkside



[Related: Health and Wellness Management Careers and Salaries](#) 



STUDY ONLINE, ANYTIME, WHILE STAYING CONNECTED

Courses are completed entirely online, an ideal format for adult students who need the flexibility an online program offers. You can watch lectures, participate in online forums with your classmates, and although assignments have deadlines, you can do homework whenever it's convenient for you.

Students in UW Extended Campus programs often say the online format is a big factor in their ability to earn a degree. Although the program is online, you'll still make strong connections with peers and faculty. Students often form professional connections that continue long after graduation.



Take an inside look at a UW Health and Wellness Management course: [**Biopsychosocial Aspects of Health**](#)



A UNIVERSITY OF WISCONSIN EDUCATION

You'll earn a degree that inspires trust in your knowledge and abilities. The **Master of Science in Health and Wellness Management** is a partnership of UW Extended Campus and UW-Green Bay, UW-Parkside, UW-River Falls, UW-Stevens Point, and UW-Superior. Our campus partnerships allow us to offer programs that combine the diverse expertise and resources of the UW System, one of the largest and most widely respected public higher education systems in the country.



Accreditation

Accreditation is your assurance that you will graduate with skills that are relevant to your field and valued by employers. University of Wisconsin institutions offering the online Master of Science in Health and Wellness Management are fully accredited by the Higher Learning Commission.

CURRICULUM

13 Courses. 37 Credits. 100% Online.

The multidisciplinary curriculum is designed and taught by the same UW faculty who teach on campus. You'll acquire proficiency in strategic planning, behavior change facilitation, and communication skills, plus an understanding of U.S. healthcare systems, wellness law, and health policy. You'll complete 13 required courses to earn your degree, including a capstone course. There are no electives.



Health and Wellness Skills

- HWM 700 Contemporary Health and Wellness Perspectives
- HWM 710 Research Methods for Wellness Programs
- HWM 715 Persuasion Skills for Wellness Managers
- HWM 720 Exercise and Nutrition in Health and Disease
- HWM 730 Biopsychosocial Aspects of Health



Practical Experience

- HWM 787 Capstone Prep
- HWM 790 Capstone Course



Organizational Management Skills

- HWM 705 Strategic Management for Wellness Managers
- HWM 740 Health Systems and Policy for Wellness Managers
- HWM 750 Planning and Evaluation for Wellness Managers
- HWM 760 Wellness Law
- HWM 770 Behavior and Development in Organizations
- HWM 780 Best Practices and Emerging Issues in Wellness

View course descriptions online at uwex.wisconsin.edu/health-and-wellness-management/master-of-science/#curriculum



“Our course discussions are relevant to the issues I’m facing in the health industry. Understanding the bigger picture—lawsuits, insurance funding and governmental legislation—helps me with the smaller picture: programs that support our employees’ well-being.”

—Danielle Waldhart, 2018 graduate, UW-Green Bay



[Read Danielle's Story](#)

CAPSTONE

In the capstone course, students gain valuable, practical experience that research has shown is essential in preparing for a future career in wellness management. You'll choose a project that aligns with your interests and career goals. Students often discover rewarding job opportunities and professional connections during these final courses. Students have completed their capstone project for major corporations, such as the University of Colorado Boulder, Froedtert Hospital, Dean Health Plan, and the Wisconsin Department of Health Services.

Related: [A Capstone That Connects the Dots](#) ➔

ADMISSION REQUIREMENTS

- ✓ A bachelor's degree, in any discipline, from an accredited university (min 3.0 GPA)
- ✓ Prerequisite coursework in anatomy and physiology or human biology, and introductory psychology

You will also need to submit the following application materials:

- ✓ Official college transcripts
- ✓ Your resume
- ✓ Two letters of recommendation
- ✓ A personal statement of up to 1,000 words

Aptitude tests, such as the GMAT or GRE, are not required.

To apply, visit uwex.wisconsin.edu/health-and-wellness-management/master-of-science#admission

TUITION

Tuition is a flat fee per credit whether you live in Wisconsin or out of state. Financial aid and/or veteran's assistance may be available to you and is awarded by your home campus.



\$750
Per Credit



\$27,750
Total for 37 Credits

GET STARTED

Enroll any semester, spring, summer, or fall.

For questions or help with your application, contact an enrollment adviser.

608-800-6762 | learn@uwex.wisconsin.edu
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Program powered by:

UW extended
campus