

# Syllabus for HWM 710 Research Methods for Wellness Programs

**Important Note:** This syllabus document contains the basic information of this course. The most current syllabus is available in the full course.

## Course Description

This course covers research methods and designs relevant to wellness program managers. Students will be introduced to various research designs including experimental and non-experimental, as well as qualitative and quantitative, methods. The course will focus on providing a practical understanding of several statistical tools used in wellness-related research.

## Prerequisite

Elementary Statistics

## Course Learning Outcomes

At the end of the course, students should be able to:

1. Identify the types of research questions and designs appropriate for studies in health and wellness management.
2. Demonstrate knowledge of key concepts with sample selection and measurement.
3. Evaluate the strengths and weaknesses of methods used in various research studies.
4. Describe methods for designing research projects related to specific health and wellness management areas of concern.
5. Describe methods for initiating and maintaining quality improvement metrics for monitoring and decision-making regarding implemented wellness programs

## Course Requirements

### Readings/Viewings:

Readings come from the textbooks. Additional resources include articles, the QI modules produced by the Institute for Healthcare Improvement (IHI), videos, and other interactive content interspersed throughout the course.

### Assignments:

The assignments provide opportunities to apply the skills and knowledge required for successful completion of the course. Assignments must be well organized, use scholarly tone, follow APA style, be consistent with graduate-level writing/communication style, and be submitted on time. Check your grades for feedback on assignments and refer to the course calendar for all due dates.

### Group Project:

HWM 710 provides foundational knowledge of research in health and wellness management. Health and wellness professionals focus on using and analyzing data to solve complex business and societal problems, improve decision making, and foment innovation. To achieve these goals, a cohesive understanding of multiple disciplines—including statistics, health and wellness,

information technology, business management, and communication—is essential.

The purpose of the group project is to work on a real-world research project and demonstrate an understanding of interdisciplinary ideas, concepts, and techniques that constitute health and wellness management. This project includes identification of a population and sample of interest for an employee wellness promotion intervention/program, a systematic literature search to identify articles to review, a review of those articles using standardized tools, determining a focus for literature analysis, and a literature synthesis of articles with a recommendation for the wellness intervention/program. The project will be broken down into six assignments/activities throughout the semester and culminates in a recommendation for an intervention program.

**Participation in Group Collaboration:**

For each part of the group project, it will be necessary for you to collaborate with your group members. The exchange of ideas between colleagues engaged in scholarly inquiry is a key aspect of graduate-level learning and a requisite activity in this course. You are expected to interact with your peers in a meaningful, respectful, and professional manner. Please participate in your group project discussions with an open mind and a willingness to share your thoughts with others. A fundamental principle of learning is the sharing and acknowledgement of others' ideas. That includes respecting the opinions of others even if your own opinions differ. Please keep in mind that a diversity of opinions makes for an enriched learning environment.

**Policy on Late Assignments:**

Students are expected to submit assignments by the due dates noted in the course. In extenuating circumstances, the student must contact the instructor as soon as possible to discuss the situation. In those circumstances, the appropriate course of action will be discussed.

**Grading Policy**

Discussion (1)	10
Individual Assignments (4)	200
Group Activities (4)	400
Peer Evaluation (2)	80
Total	690 Points

A	90-100%
B	80-89%
C	70-79%
D	60-69%

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F 59 or less %