

Syllabus for HWM 790 Health and Wellness Management Capstone

Important Note: Biopsychosocial Aspects of Health

Course Description

This course provides a cohesive experience designed to synthesize and apply information from the MS HWM curricula. Students complete an individual capstone experience that demonstrates thorough understanding of the knowledge, skills and disposition necessary to be a successful health and wellness manager.

Prerequisite

HWM 780 – Best Practices and Emerging Issues in Wellness and instructor OK

Course Learning Outcomes

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

1. Demonstrate confidence and competence in a professional setting.
2. Communicate ideas and concepts clearly in writing.
3. Demonstrate effective oral communication/presentation skills.
4. Utilize relevant technology to convey messages.
5. Support and contribute to a team atmosphere.
6. Provide evidence of best practice utilizing management, planning and programming models.
7. Develop, implement and evaluate (parts) of an effective health promotion/wellness program (within a time appropriate time constraints).
8. Develop a comprehensive portfolio of work synthesizing the knowledge, ideas, and abilities culled throughout the coursework.

Course Requirements

Reflections:

This is likely the first time engaging in a form of scholarly work of this scale. Participating in the scholarly work of this nature is a process that can include moments of Eureka, amongst many more learning moments. The course reflections are an opportunity for you to reflect on the process of conducting scholarly work in the field of Health and Wellness Management.

Capstone Project Written Report:

The Capstone Project Written Report likely has some application to a part of the field of Health and Wellness Management that interests you. The Written Report is the scholarly written communication of this project. Throughout the semester you will prepare drafts of each of the report sections and receive feedback. After you have received a grade on each of the sections (draft submissions), you can modify and rework each. The final written report will be a complete synthesis of all sections, for 10-to-12 page composition that reports the scholarly work conducted in the Capstone Project.

Reports must be well organized, use scholarly tone, follow APA style, be consistent with graduate-level writing/communication style, and be turned in on time. All individual assignments should be uploaded via the Dropbox.

Capstone Project Presentation:

The Capstone Project Presentation is the scholarly oral communication of the Capstone Project. Presentations will use Bongo for capturing the Capstone Project Presentation. The date of the oral presentation will fall within the last two-to-three weeks of the semester. This is a professional experience. Though the atmosphere will be congenial, the formal presentation is expected to be high-quality, with professional delivery, similar to a professional scholarly conference.

Following initial introductions and opening comments presentations will be approximately 30 minutes in length. At its conclusion, expect questions from attendees. Attendees may include the site supervisor/mentor and key stakeholders at site of project.

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

Capstone Project: Oral Presentation	155
Capstone Project: Written Report	300
Individual Reflections (3)	30
Discussion	18
Progress Communication Form (2)	40
Project Plan Timeline	30
Total	573 Points

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59 or less %