

# HEALTH AND WELLNESS MANAGEMENT (HWM)

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## **HWM 700 | Contemporary Health and Wellness Perspectives | 3 cr**

Explores the determinants of health, health equity, and best practices in fostering holistic well-being. Includes evidence-informed approaches to effectively promote individual and organizational well-being culture through multiple communication modalities. Covers the expectations and development of wellness professionals as agents of change.

**Prerequisites:** None.

**Offered:** Yearly.

## **HWM 705 | Strategic Management For Wellness Managers | 3 cr**

Examines the development of an organization's strategic direction by evaluating the external environment and stakeholder needs and taking inventory of what internal resources and capabilities are necessary. Includes using this information to establish specific actions, create organizational structure and systems, and consider ethical implications and the inclusive culture needed to achieve organizational goals.

**Prerequisites:** None.

**Offered:** Yearly.

## **HWM 710 | Research and Data Analysis for Wellness Managers | 3 cr**

Covers research methods and designs relevant to wellness program managers. Introduces various research designs including experimental and non-experimental, as well as qualitative and quantitative methods. Focuses on providing a practical understanding of several statistical tools used in wellness-related research.

**Prerequisites:** Elementary statistics or equivalent.

**Offered:** Yearly.

## **HWM 715 | Professional Communications for Wellness Managers | 3 cr**

Addresses the role of effective communication in health and wellness management. Includes application of multiple communication skills and tools tailored to a target audience to bring about change in an organizational or community context.

**Prerequisites:** None.

**Offered:** Yearly.

## **HWM 725 | Evidence-based Practices in Health and Wellness | 3 cr**

Explores evidence-based practice and its significance for health and wellness professionals. Covers procedures and tools to explore reliable information about health determinants and intervention approaches (physical, mental, and social well-being). Includes practical application of the stages of evidence-based practice.

**Prerequisites:** None.

**Offered:** Yearly.

## **HWM 730 | Holistic Aspects of Health | 3 cr**

Examines current population health issues by analyzing their biological, psychological, and social-environmental determinants. Focuses on applying holistic, evidence-based approaches in health psychology. Provides opportunity to create and deliver effective evidence-informed messaging to address these issues and positively impact health outcomes.

**Prerequisites:** None.

**Offered:** Yearly.

## **HWM 750 | Planning and Evaluation for Wellness Managers | 3 cr**

Examines planning, implementation, and evaluation of wellness programs as inter-related, cyclical activities. Provides opportunity to 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.

**Prerequisites:** None.

**Offered:** Yearly.

## **HWM 755 | Health Policy and Action | 3 cr**

Examines the role of government agencies in shaping health policy and health equity. Investigates current federal, state, and local regulations and impacts on health outcomes. Covers healthcare systems and insurance, including potential providers and contracts. Emphasizes ethical principles; social responsibility; and diversity, equity, and inclusion (DEI).

**Prerequisites:** None.

**Offered:** Yearly.

## **HWM 770 | Human and Group Behavior | 3 cr**

Explores evidence from research studies to investigate the integration of health and wellness initiatives. Includes consideration of ethical practices. Examines organizational design (micro-, mid-, and macro-level) and human behavior to more effectively engage stakeholders and promote a culture of well-being.

**Prerequisites:** None.

**Offered:** Yearly.

## **HWM 787 | Health and Wellness Management Capstone Preparation | 1 cr**

Provides the opportunity for students to prepare for their semester-long capstone project, identify a partner organization, develop a project proposal, and obtain approval from their home campus Institutional Review Board.

**Prerequisites:** MSHWM students must complete at least 18 credits or Academic Director Consent.

**Offered:** Yearly.

## **HWM 790 | Health and Wellness Management Capstone | 3 cr**

Provides opportunity to complete an individual capstone experience (internship/special project) that demonstrates through understanding of the knowledge, skills and disposition necessary to be a successful health and wellness manager.

**Prerequisites:** HWM 787.

**Offered:** Yearly.