

# FOUNDATIONS OF HEALTH AND WELLNESS GRADUATE CERTIFICATE

College: College of Natural & Health Sciences

This program offers individuals from a variety of professional backgrounds the opportunity to study important health and well-being principles and practices. This certificate examines the many different aspects of health and provides the tools necessary to be able to find reliable health information. Students in this program will learn what it means to be an agent of change and how to apply evidence-based practices to effectively address the health needs of a population.

## Target audience:

- Human Resources and other professionals who have wellness related duties as an added responsibility
- Healthcare employees who want to learn more about well-being
- Other individuals exploring careers in health and wellness

## Program Learning Outcomes

1. Demonstrate effective use of communication technologies across multiple modalities to deliver messages.
2. Assess the needs of the audience to create and deliver effective evidence-informed messaging.
3. Justify the value of a culture of well-being as part of an organization and community.
4. Analyze the determinants of health, their underlying causes, and how they impact health outcomes.
5. Apply a holistic approach to effectively address identified population health issues.

## Students seeking admission to the Foundations of Health and Wellness Certificate require:

- A bachelor's degree from a regionally or nationally accredited university (in any discipline).

Code	Title	Credits
<b>Required Courses</b>		
HWM 700	Contemporary Health and Wellness Perspectives	3
HWM 725	Evidence-based Practices in Health and Wellness	3
HWM 730	Holistic Aspects of Health	3
<b>Total Credits</b>		<b>9</b>

## University Requirements for Graduate Certificates

Graduate certificates are designed for students at one of the following levels:

- Students who have completed a baccalaureate or higher degree from a regionally accredited institution and are enrolled for graduate credit
- Students who are enrolled simultaneously in a graduate degree program

Students must meet the admission requirements of a degree seeking or non-degree seeking graduate student to be eligible to earn a graduate certificate. At least 75% of the credits must be earned after completion of a baccalaureate or higher degree and students must attain a GPA of 3.00 within the certificate courses.

Certificate programs are designed to develop a particular expertise or set of skills. Graduate certificate programs will require a minimum of 8 graduate-level credits. For graduate certificates, at least 50% of the credits must be at the 700 level. At least 60% of the credits for the graduate certificates must be earned at UW-Parkside for program residency. Individual departments and programs may require more than 60% of the credits to be taken at UW Parkside.

Certificate programs should not be confused with certification or licensure programs which lead to certification by an outside agency.