

INTEGRATIVE HEALTH AND WELLNESS, M.S.

NCR 620	Introduction to Conflict Engagement	
Total Credits		36

M.S.-IHW Degree requirements (36 credits):

Code	Title	Credits
Required Courses		
GRD 601	Writing for Graduate Students	1
IHW 501	Personal Development for the Health and Wellness Coach	3
IHW 591	Advanced Lifestyle Medicine	2
IHW 650	Health Behavior Modification	3
IHW 651	Nutrition for Chronic Disease	3
IHW 652	Exercise for Chronic Disease	3
IHW 653	Stress and Sleep Management	3
IHW 670	Research Methods and Program Design	3
IHW 760	Advanced Health and Wellness Coaching	3
IHW 799	Capstone in Integrative Health and Wellness	3
Choose one of the following options (9 credits):		9
Option 1		
Choose 3 classes from the following electives:		
HLM 520	Spirituality and Health	
IHW 780	Health and Wellness Coaching Skills, Techniques, & Tools	
IHW 781	Health and Wellness Coaching: Theory to Practice	
IHW 795	Directed Independent Study	
IHW 798	Practicum in Health and Wellness Coaching	
MHE 603	Law and Health Care Ethics	
MHE 604	Social and Cultural Contexts of Health Care	
MPH 608	Health Communication and Informatics	
MPH 633	Health Economics and Finance	
MSL 602	Communicating and Leading Across Cultures	
MSL 624	Leadership and Well-Being	
NCR 620	Introduction to Conflict Engagement	
NUR 756	Health Promotion and Disease Prevention in the Gerontological Population	
Option 2		
Health and Wellness Coaching Certification concentration		
Required course:		
IHW 781	Health and Wellness Coaching: Theory to Practice	
Select 6 credits from the following:		
HLM 520	Spirituality and Health	
IHW 780	Health and Wellness Coaching Skills, Techniques, & Tools	
IHW 795	Directed Independent Study	
IHW 798	Practicum in Health and Wellness Coaching	
MHE 603	Law and Health Care Ethics	
MHE 604	Social and Cultural Contexts of Health Care	
MPH 608	Health Communication and Informatics	
MPH 633	Health Economics and Finance	
MSL 602	Communicating and Leading Across Cultures	
MSL 624	Leadership and Well-Being	