HEALTHY LIFESTYLE MANAGEMENT

Program Director: Tom Lenz

Healthy Lifestyle Management is the study of theory and practice of whole person health. It is fostered through the beliefs and actions of the care of others and self by building relationships, refining practices springing from reflection, and appreciating the interconnectedness of all things. At Creighton, the program is interdisciplinary and combines the theory of social sciences with the application of natural sciences to promote the fullest sense of personal well-being. Students learn to work one-on-one with people of all ages and cultures with the purpose of fostering the creation of health so that each individual can optimally thrive in the community in which they live, work, and spend their time. The suite of programs within Health and Wellness include a Bachelor of Arts degree in Healthy Lifestyle Management, a Graduate Certificate in Lifestyle Management, and a Master of Science degree in Health and Wellness Coaching and other Graduate Certificates.

Major in Healthy Lifestyle Management

Specific Requirements for Admission to the Healthy Lifestyle Management major:

A cumulative GPA of 2.000 or higher; successful completion of HLM 101 Introduction to Healthy Lifestyle Management; a grade of “C” or better in BIO 149 Biology for the Non-Science Major or BIO 202 General Biology: Cellular and Molecular/BIO 206 General Biology: Cellular and Molecular Laboratory; completion of emotional intelligence questionnaire; and a personal interview with the program director.

- Healthy Lifestyle Management (http://catalog.creighton.edu/undergraduate/arts-sciences/healthy-lifestyle-management/healthy-lifestyle-management-ba)

Minor in Healthy Lifestyle Management

- Healthy Lifestyle Management (http://catalog.creighton.edu/undergraduate/arts-sciences/healthy-lifestyle-management/healthy-lifestyle-management-minor)

Courses

HLM 101. Introduction to Healthy Lifestyle Management. 1 credit.
This introductory course will set the foundation for emotional intelligence development and explore the components of the Healthy Lifestyle Management major. In particular, it will introduce students to emotional intelligence, well-being, whole person health, self-care and the careers that Healthy Lifestyle Management majors can look forward to after graduation.

HLM 301. Foundations of Healthy Lifestyle Management. 3 credits.
Study and begin to practice the many components that create health and well-being at the individual level. A concerted focus of this course is on cura-personalis relative to health, self-reflection and self-care practices. A broad range of interdisciplinary topics are discussed in the context of health promotion and well-being.

HLM 340. Healthy Eating and Whole Person Health. 3 credits.
Study the basic principles and recommendations for healthy eating in relation to overall health and the uniqueness of each individual. This course will also emphasize the social and cultural aspects of eating and include a service project. P: ANT 113.

HLM 341. Physical Activity and Whole Person Health. 3 credits.
Study the basic principles and recommendations for physical activity in relation to overall health and the uniqueness of each individual. This course will emphasize the benefits of being physically active across the lifespan for individuals without chronic disease emphasizing whole person health. P: ANT 113.

HLM 449. Healthy Lifestyle Management Internship. 3-5 credits.
Students will spend at least 20 hours per week working in one of several wellness-related settings such as community, clinical healthcare, or employee wellness. Students will assume positions of responsibility and will demonstrate appropriate leadership skills and knowledge. Placement of students will be based upon career goals and in consultation with the program director. Students who want to commit to 200, 250, or 300 contact hours should register for 3, 4, or 5 hours, respectively. P: Jr. stdg; HLM major.

HLM 450. Lifestyle Medicine. 3 credits.
Lifestyle medicine is the use of healthy eating, physical activity, tobacco cessation, sleep, stress management, alcohol moderation, behavior modification and other lifestyle related strategies to prevent and treat chronic diseases. In this course, students will learn to comprehensively apply these strategies to both healthy individuals and to those with chronic diseases. P: HLM 340, HLM 341.

HLM 451. Heath and Wellness Coaching. 3 credits.
This course practices the skills necessary to be a successful health and wellness coach and emphasizes the personal relationships that health and wellness coaches have with others. This course will prepare students to take a national certification in health and wellness coaching. P: HLM 450.

HLM 495. Independent Study in Healthy Lifestyle Management. 1-3 credits.
Students participate in independent scholarly projects under the supervision of a faculty member. P: Department Consent.

HLM 499. Capstone in Healthy Lifestyle Management. 3 credits.
The Capstone in Healthy Lifestyle Management will allow students the opportunity to reflect on the Healthy Lifestyle Management curriculum and experiences by developing an ePortfolio. The ePortfolio will demonstrate the development of health and well-being competencies. Students will also participate in a capstone fieldwork experience. The course will challenge students to consider their vocation in the field of health and well-being. P: HLM 301, ANT 315, PSY 352, COM 361, HLM 451, Senior Standing, HLM major.

HLM 520. Spirituality and Health. 3 credits.
This course explores the relationship between spirituality and other health determinants. The reality of the transcendent and transcendent values is foundational. Drawing from theological anthropology, it assumes the sacred nature of the human person. Students will actively explore diverse spiritualities (including but not limited to faith traditions, humanism, agnosticism, atheism, etc.), models that integrate spiritual and health dimensions, and evidence based health outcome related to spirituality. A distinction will be made between spirituality and religion. P: Jr. standing or instructor consent.

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