

INTEGRATIVE HEALTH AND WELLNESS, M.S.

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:

IHW 770	Wholism as a Guiding Principle for Leadership and Well-Being
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
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Select 6 credits from the following:

IHW 770	Wholism as a Guiding Principle for Leadership and Well-Being
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
NCR 620	Introduction to Conflict Engagement

Option 3

Healthy Aging Concentration

IHW 570	Healthy Aging: Concepts and Strategies for a Life Well Lived
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Experiential Healthy Aging

Complete 128 volunteer hours at a long-term care, assisted living, independent senior living, and/or in residence with home-care services (ex: Home Instead).

Total Credits 36