

HEALTHY LIFESTYLE MANAGEMENT

Program Director: Thomas Lenz, PharmD

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. 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 foster the creation of health so that each individual can optimally thrive in the community in which they live, work, and spend their time.

Philosophy

The foundational philosophy of Healthy Lifestyle Management at Creighton University consists of four parts. Each part works synergistically towards the formation of the student who studies HLM.

1. Whole Person Health: Many interconnected factors affect the health of individuals and communities. The philosophy of whole person health defines health broadly and addresses health according to the uniqueness of each individual and is rooted in the Ignatian-Jesuit value, *cura personalis*, care for the person.
2. Tinkering: The philosophy of tinkering is not a quest for perfections, but rather the continual refinement of personal and relational care practices based on individual uniqueness and reflection.
3. Relational Care: Relational care is fostered through a consistent presence and engagement with another individual over a period of time. In doing so, relational care supports the individual's unique hopes, dreams and aspirations.
4. Self-Care: Self-care is a manner in which each individual possesses the knowledge, skills, and values to recognize, create, and care for self and others in a way that leads to the fullest sense of personal well-being. Self-care should not be linked with self-centeredness as self-care becomes more fully developed through an understanding of the importance of the connections with others and with the community.

Bachelor of Arts: 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/>)

Accelerated Master's Programs

- B.A.-HLM/ M.S., Organizational Leadership (<http://catalog.creighton.edu/undergraduate/arts-sciences/healthy-lifestyle-management/ba-hlm-ms-orgl-amp/>)
- B.A.-HLM / M.S., Health and Wellness Coaching (<http://catalog.creighton.edu/undergraduate/arts-sciences/healthy-lifestyle-management/ba-hlm-ms-hwc-amp/>)
- B.A.-HLM / M.S., Negotiation and Conflict Resolution (<http://catalog.creighton.edu/undergraduate/arts-sciences/healthy-lifestyle-management/ba-hlm-ms-ncr-amp/>)

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 170. Don't Worry, Be Happy: Exploring Happiness for a Life Well-Lived. 3 credits.

In the western cultures, the words 'happiness' and 'well-being' are often used in statements of life goals or purpose and are referred to in futuristic, unattainable, and elusive ways that are difficult to define and even more difficult to achieve. This course will explore the science and evolution of happiness and well-being as well as the concepts of 'purpose' and 'meaning.' Happiness and well-being across cultures and social conditions will be examined as well as the concept of resistance, and its effect on happiness. Students will participate in a self-reflective journey to define personal happiness and well-being by exploring various definitions and models. Students can expect to participate in activities, service experiences, and reflective exercises that lead to a greater understanding of self and that fosters enhanced personal happiness and well-being. CO: COM 101.

HLM 301. Determinants of Health. 3 credits.

This course introduces the many factors that determine health by covering broad and specific topics related to social, economic, personal health behavior, clinical care, and the physical environment determinants of health. A concerted focus of this course is on *cura personalis* relative to whole person health, self-reflection and self-care practices.

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. BIO 149 or BIO 202.

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. BIO 149 or BIO 202.

HLM 449. Healthy Lifestyle Management Internship. 3-6 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. Student will also read published literature in lifestyle medicine and write their own scientific review manuscript. P. Contemporary Composition, HLM 340, HLM 341, HLM major.

HLM 451. Health and Wellness Coaching. 3 credits.

This course practices the skills necessary to be a successful health and wellness coach. Special emphasis is given to the personal relationships that health and wellness coaches have with others and ethical issues related to health and wellness coaching. P. Ethics course; HLM 450; HLM major.

HLM 452. Community Health. 3 credits.

This service learning course will introduce students to theoretical concepts, principles, and strategies that are imperative to understanding and supporting community health. The course will challenge students to consider how to, 'Think global, act local' and reflect on how this can be applied to the concept of community health. P. Ethics course; HLM 340; HLM 341; instructor approval.

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 their academic career in Healthy Lifestyle Management through the completion of several projects and discussions within the course. The projects include participation in a capstone fieldwork experience, the development of an ePortfolio, and a focus on the student's unique vocation in the field of health and well-being. Much discussion will address the issues of diversity, service, and social justice as they relate to the field of health and well-being. P. Oral Communication; Critical Issues in Human Inquiry; Department Consent.

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.