| Integrative Wellness, M.S. | | PLO1 | PLO2 | PLO3 |
|---|---|---|---|---|
| Program Learning Objectives | | Apply evidence-based coaching skills and behavior change strategies to facilitate meaningful lifestyle changes and improved health outcomes. | Collaborate with colleagues in a wide variety of settings to provide a whole-person approach to healthcare, health education, and health promotion. | Evaluate the influence of social determinants on health, healing, and well-being to inform the design and delivery of lifestyle interventions to prevent and treat chronic diseases. |
| Required Courses | | | | |
| WEL 6000 | Lifestyle Medicine and Whole Health | I | I | I |
| WEL 6001 | Evidence-Based Practice | N/A | I | N/A |
| WEL 6007 | Research Methods and Statistics for Health Professionals | N/A | I | N/A |
| WEL 6017 | Mind-Body Medicine | I | M | D |
| WEL 6027 | Health Equity and Social Justice | N/A | D | M |
| WEL 6037 | Behavior Change Models, Methods and Theories | D | D | D |
| WEL 6047 | Foundations of Health and Well-being Coaching | D | D | D |

| | | | | |
|---|---|---|---|---|
| WEL 6057 | Devising Well-being Projects and Initiatives | N/A | M | D |
| WEL 6067 | Advanced Health and Wellness Coaching | M | D | D |
| WEL 6077 | Exercise and Nutrition for Health and Healing | D | D | D |
| WEL 6097 | Capstone Project in Integrative Wellness | N/A | N/A | M |
| WEL 6098 | Lifestyle Medicine Board Review | N/A | N/A | D |
| | | | | |

I, D, M = Introduce, Develop, Mastery