

## The Master of Arts in Wellness and Lifestyle Management (MA WLM) Course Description Sheet

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### Program Description

The Master of Arts in Wellness and Lifestyle Management (MA WLM) Program is offered by the Department of Health and Exercise Science through the School of Biomedical Science and Health Professions. It is designed to serve the needs of professionals from a variety of educational backgrounds. The goal of this program is to prepare professionals in corporate, hospital and community health promotion settings to facilitate and lead wellness initiatives within their organizations. Graduates will be prepared to serve as facilitators, coordinators and managers of wellness programs in the following types of organizations:

- Corporate wellness/fitness facilities
- Hospital-based wellness/fitness facilities
- Clinical and rehabilitation centers
- Schools and colleges/universities
- Community wellness/fitness facilities
- Non-profit health agencies
- State/county/city Departments of Public Health

### Course of Study

WLM Course List - 30 credits (10 courses)	
WLM 00.512	Understanding and Applying the Professional Literature
WLM 00.530	Leadership and Management in the Health Professions
WLM 00.575	Wellness in the Workplace
WLM 00.541	Wellness Coaching and Behavior Change
WLM 00.542	Program Planning in Health Promotion
WLM 00.580	Obesity and Diabetes Management
WLM 00.590	Integrating Wellness into School Settings
WLM 00.610	Positive Perceptions and Performance
WLM 00.600	Promoting Human Wellness Across the Lifespan
HES 00.550 OR WLM 00.621	Capstone Project OR Practicum in Wellness Coaching ( <i>student chooses one course</i> )

All courses are 3 semester hours. There are no prerequisites for the first nine courses; they may be taken in any order. The final course, Capstone Project or Internship, is to be taken as the tenth and final course.

### MA WLM Course Descriptions

#### WLM 00.512: Understanding and Applying the Professional Literature

This course provides an overview of the research methods used in the health and exercise science field. Quantitative and qualitative research methods are reviewed. Steps in the research process, validity and reliability of results and avoidance of common errors that threaten research outcomes are addressed.

#### WLM 00.530 Leadership and Management in the Health Professions

This course covers a variety of leadership issues necessary for ascending from a clinical position to an administrative or management position in a health profession. The general principles are applicable, regardless of whether the goal is to ascend into a formal large institution (e.g., hospital), smaller institutional practice, healthcare corporation, private practice, or educational setting.

#### WLM 00.541: Wellness Coaching and Behavior Change

This course will provide an in-depth review and analysis of current health behavior theories and their application at the individual, organizational and national level. Students will apply theoretical concepts through the strategies of Wellness Coaching. As a seminar course, it will incorporate significant class participation and flexibility in determining the specific content to be covered each semester.

**WLM 00.542: Program Planning in Health Promotion**

This course provides an overview of leading health program planning theories, including PRECEDE/PROCEED and Intervention Mapping, and the application of these theories in the most common health promotion settings. The program planning process will be discussed in detail and case studies will be used to demonstrate the successful application of this process.

**WLM 00.575 Wellness in the Workplace**

This course examines overall management of wellness programs and facilities, with an emphasis on human resource management. In this class, wellness professionals will enhance their knowledge and application of how these elements that can be applied to wellness management settings. Topics include organizational structure, training and managing staff, financial management, legal and ethical concerns and customer service relations.

**WLM 00.580 Obesity and Diabetes Management**

This course offers a comprehensive review of the epidemic of both diabetes and obesity in the U.S. and how to prevent, reduce and manage it through lifestyle practices. The current phenomenon of childhood obesity and type-2 diabetes will be specifically addressed.

*Foundation Course Requirement: A 3-credit nutrition course AND a 4-credit Anatomy & Physiology course or approved equivalent must be completed prior to taking this course.*

**WLM 00.590 Integrating Wellness into School Settings**

This course address the growing demand for wellness initiatives for student, their families and staff in P through 12 school settings. Teachers, school nurses, school administrators and community health promotion professionals will understand how to build wellness programming into the school community.

**WLM 00.610 Positive Perceptions and Performance**

Quality of life can be measured by supports, detriments and determiners. Psychological capital is the study of characteristics and attributes that build good paradigms and perspectives. Psychologists interested in promoting human potential need to start with different assumptions and to pose different questions from their peers who assume a disease model. This course will address the foundation and application of positive psychology.

**WLM 00.600 Promoting Human Wellness Across the Lifespan**

This course addresses the key health concerns and core differences in programming needs of various populations throughout lifecycle stages and preparing the health professional to assess and provide services to clients and populations for these issues. Populations of focus include childhood, adolescents, adults, and senior citizens.

**WLM 00.621 Practicum in Wellness Coaching**

Practicum in Wellness Coaching is the final course in a four-course sequence designed to prepare students to sit for the National Board Certification in Wellness Coaching through the National Board for Health and Wellness Coaching. Students will meet individually with the faculty advisor on three separate occasions to review specific coaching sessions and receive feedback on how they can improve their coaching skills. In addition, the course will cover topics including how to structure and manage a coaching practice and ethical/legal considerations for coaches.

*Prerequisites: WLM 00.600 Promoting Human Wellness Across the Lifespan, WLM 00.580 Obesity and Diabetes Management, and WLM 00.541 Wellness Coaching and Behavior Change*

**HES 00.550 Capstone Project**

This is an independent study course completed under the direction of a Faculty Advisor. Students work with the Advisor to identify and complete a major, culminating project in this course. Examples of projects include research studies, curriculum development, and the creation of wellness intervention resources.

*Prerequisite: To be completed as the last course in the MA in WLM program; 27 semester hours must be completed before enrolling in the Internship in WLM.*