



## MASTER OF SCIENCE

# WELLNESS & HEALTH PROMOTION MANAGEMENT

### Concentrations in Worksite & Community Wellness or Medical Fitness Management

Nebraska Methodist College has served as an educational leader in the wellness and health promotion arena for over 20 years. As a health professions institution, we understand the importance of producing results-oriented health promotion programs and services.

According to the Centers for Disease Control, chronic conditions are the leading cause of death & disability in the United States and contribute to over three trillion dollars in healthcare costs. It is estimated that up to 80% of chronic conditions can be prevented through lifestyle management.

As a graduate of the Wellness & Health Promotion Management degree, with a concentration in either Worksite & Community Wellness or Medical Fitness Management, you will be able to make a difference through assessing, creating, managing, and evaluating wellness and lifestyle initiatives in corporate, community, and clinical settings. Nebraska Methodist College's program integrates the art of wellness with the science of business change management, allowing you to become a true leader while promoting a culture of health.

### Wellness & Health Promotion Management Degree Information

- The program is completed 100% online, students can access courses at any time of day.
- Courses are 5-10 weeks in length with a week off every 5 weeks.
- Students choosing the Worksite & Community Wellness concentration will complete four WellCert professional certifications, which are incorporated into the curriculum through a partnership with the nationally recognized Chapman Institute. Certificates include:
  - Certified Wellness Program Coordinator (CWPC)
  - Certified Wellness Program Manager (CWPM)
  - Certified Wellness Program Director (CWPD)
  - Certified Worksite Wellness Program Consultant (CWWPC)
- Students completing the Medical Fitness Management concentration are prepared to sit for the Fitness Facility Director certification offered through the Medical Fitness Association. Our Program is currently the only graduate program in the country to offer this opportunity.
- Program curriculum aligns with the National Commission for Health Education Credentialing (NCHEC) Areas of Responsibility that are required for students to take the CHES exam.

### Wellness & Health Promotion Job Outlook

According to the Bureau of Labor Statistics and the Medical Fitness Association, the job outlook for health and wellness educators and medical fitness professionals is growing, providing considerable job opportunities for graduates.

- Corporate Wellness Coordinator/Manager/Director
- Wellness Consultant
- Community Health Educator
- Medical Fitness Director
- Fitness Facility Program Specialist or Director
- Wellness Coach

# PLAN OF STUDY

Students complete 30 credits in the program core and 6 credits from their concentration of choice. The degree consists of 36 semester credit hours.

## WHPM Core Classes

Course		Credits
HPM 500	Wellness & Health Promotion Management Orientation	0
HPM 550	Heartset, Mindset, & Skillset of Wellness Coaching	3
HPM 575	Critical Appraisal of Research & Statistics	3
EDD 736	Leadership in Organizations	3
HPM 525	Human Resources & Strategic Management	3
HPM 660	Lifestyle Medicine and Health Behavior	3
HPM 519	Organizational Diagnosis & Needs Assessment	2
MBH 684	Strategic Marketing for Health Professions	3
HPM 565	Population Health for Health & Wellness Professionals	3
EDD 756	Organizational Change & Accountability	3
HPM 592	Capstone I	1
HPM 594	Capstone II	3

**Core Total 30 Credits**

## Worksite & Community Wellness Concentration

Course		Credits
HPM 580	Building a Foundation for Results-Driven Wellness Programming	1
HPM 581	Health Promotion Program Design and Management	2
HPM 585	Complex Program Management & Effective Wellness Consulting	3

**Concentration Total 6 Credits**

## Medical Fitness Concentration

Course		Credits
HPM 570	Medical Fitness Management	3
EDD 786	Organizational Outcomes & Sustainability	3

**Concentration Total 6 Credits**

## Program Admissions Criteria

Applicants are evaluated on the following criteria:

- Bachelor degree (or higher) from an accredited university or college - does not have to be in healthcare
- Bachelor degree GPA of 3.0 or above, GPA below 3.0 will be considered on an individual basis.
- Non-Nebraska Residents meet State Authorization
- **No GRE required for admission**

## Important Dates

### Application Deadline

Rolling

### Program Start Date

August, January

## Program Application Process

To be considered for admission the following items must be submitted to the Admissions Office:

- [NMC online application](#)
- [Written statement](#)
- Resume
- Official college transcripts from graduating institutions
- Professional consultation with an admissions representative

**NEBRASKA  
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COLLEGE**

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