

Program Map M.S. Integrative Health and Wellness

YEAR 1			
TERM 1		TERM 2	
Course	Credits	Course	Credits
CMWL 6200 Behavior Change Models, Methods and Theories	3	CMWL 6100 Lifestyle Medicine and Integrative Health	3
CMWL 6500 Health Technologies	3	CMWL 6300 Mind Body Medicine	3
		CMWL 6600 Wellness Law & Entrepreneurship	3
SEMESTER TOTAL	6	SEMESTER TOTAL	9
Milestones		Milestones	
<ul style="list-style-type: none"> ● Required to earn C or higher. 		<ul style="list-style-type: none"> ● Required to earn C or higher. 	
YEAR 2			
TERM 1		TERM 2	
Course	Credits	Course	Credits
EDRS 6301 Introduction to Research in the Human Sciences	3	CMWL 6700 Personal and Professional Development for the Health and Wellness Coach	3
CMWL 6400 Exercise and Nutrition for Health and Healing	3	CMWL 7100 Capstone (Culminating Experience)	3
CMWL 7000 Advanced Health and Wellness Coaching	3		
SEMESTER TOTAL	9	SEMESTER TOTAL	6
Milestones		Milestones	
<ul style="list-style-type: none"> ● Required to earn C or higher. ● Engage in 4 supervised health coaching sessions. 		<ul style="list-style-type: none"> ● Required to earn C or higher. ● Accumulate 50 health coaching sessions. 	

This program map is intended ONLY as a guide for students to plan their course of study. It does NOT replace any information in the Graduate Catalog, which is the official guide for completing degree requirements.