

Program Map

M.S. Integrative Health and Wellness

YEAR 1			
TERM 1		TERM 2	
Course	Credits	Course	Credit
CMWL 6200 Behavior Change Strategies for Well-Being	3	EDRS 6301 Introduction to Research in the Human Sciences	3
CMWL 6100 Lifestyle Medicine and Integrative Health	3	CMWL 6300 Mind Body Wellness	3
CMWL 6400 Physical Well-being for the Professional	3		3
SEMESTER TOTAL	9	SEMESTER TOTAL	6
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	Credit
CMWL 6500 Technology in Integrative Wellness	3	CMWL 6700 Personal and Professional Development for the Health and Wellness Coach	3
CMWL 6600 Wellness Law & Entrepreneurship	3	CMWL 7100 Capstone (Culminating Experience)	3
CMWL 7000 Advanced 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.