

INTEGRATIVE WELLNESS, M.S.

Program Learning Outcomes

Upon completion of the Master of Science in Integrative Wellness, the successful student will be able to:

1. Apply evidence-based coaching skills and behavior change strategies to facilitate meaningful lifestyle changes and improved health outcomes.
2. Collaborate with colleagues in a wide variety of settings to provide a whole-person approach to healthcare, health education, and health promotion.
3. 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.

Program Eligibility

To be reviewed for acceptance into this program, the following must be in place:

- Completed application for admission to the PLNU Graduate programs and Master of Science in Integrative Wellness program, including a \$50 non-refundable application fee.
- Personal essay that describes why the candidate desires to participate in the Master of Science in Integrative Wellness and outlines professional goals for the future.
- Baccalaureate degree from a regionally-accredited institution, as evidenced on an official transcript with a posted degree.
- Undergraduate GPA of 3.000 or higher.
- Two references (e.g., professors or employers) who have current knowledge of the applicant's character, academic ability, and professional potential.
- Special Undergraduate course prerequisites:
 - No prerequisite courses are required. However, a baccalaureate degree from an accredited institution in a health, wellness or fitness related program OR a non-health related baccalaureate degree and a reputable health, fitness, or wellness certification (or equivalent) and a minimum of three years of full-time professional experience in the field of health, wellness, or fitness is required.

Code	Title	Units
Required Courses		
WEL 6000	Lifestyle Medicine and Whole Health	3
WEL 6001	Evidence-Based Practice	3
WEL 6007	Research Methods and Statistics for Health Professionals	1
WEL 6017	Mind-Body Medicine	3
WEL 6027	Health Equity and Social Justice	3
WEL 6037	Behavior Change Models, Methods, and Theories	3
WEL 6047	Foundations of Health and Well-Being Coaching	3
WEL 6057	Devising Well-Being Projects and Initiatives	1
WEL 6067	Advanced Health and Well-Being Coaching	2
WEL 6077	Exercise and Nutrition for Health and Healing	3
WEL 6097	Capstone Project in Integrative Wellness	2
WEL 6098	Lifestyle Medicine Board Review	0

Elective Courses

Choose six (6) units from the following: 6

KIN 6026	Sport and Exercise Nutrition for Peak Performance
KIN 6056	Clinical Exercise Prescription
WEL 6048	Culinary Medicine
WEL 6058	Lifestyles of Longevity
WEL 6068	Wellness Entrepreneurship
WEL 6087	Internship

Total Units 33

Graduation Requirements

In order to earn and receive a Master of Science in Integrative Wellness degree, a student must satisfy all of the following:

1. Successful completion of all core requirements, including the capstone project.
2. A completed application for degree candidacy conveyed to the Office of Records.
3. Payment in full of all tuition, fees, and other financial obligations owed to the university, including a degree processing fee, and
4. All requirements completed within five years from the time of initial enrollment.