

INTEGRATIVE WELLNESS, M.S.

| Code | Title | Units |
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| 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 |