

# WEL - INTEGRATIVE WELLNESS

## **WEL 6000 Lifestyle Medicine and Whole Health (3 Units)**

This course provides an overview of paradigm shifts in healthcare, highlighting an increasingly integrative approach to medicine centered on treating the whole person- body, mind and spirit. Students will explore evidence-based lifestyle therapeutic interventions in areas such as stress management, nutrition, sleep, and physical activity in order to provide a multidimensional approach to well-being and health restoration. Letter grade.

## **WEL 6001 Evidence-Based Practice (3 Units)**

This course will enable students to practice the judicious use of current best evidence in making informed decisions about the care of individual patients and communities, as well as the development and delivery of lifestyle medicine and whole health programs and services. Students will learn to: ask a focused question to satisfy the health and well-being needs of a specific patient demographic; find the best evidence by searching the literature; critically appraise the literature; apply the results in clinical practice; evaluate the outcomes; and engage in interprofessional discussion. Additionally, students will be provided with an introduction to research methods, including exploring quantitative, qualitative and mixed methods approaches. Letter grade.

## **WEL 6007 Research Methods and Statistics for Health Professionals (1 Unit)**

This course provides a foundational exploration of the variety in research design and statistics commonly used in clinical research to further equip students with the analytical skills needed to support professional evidence-based practice of lifestyle medicine. Through this learning experience, students will evaluate the merit and relevance of published research, examine general principles of research design for experimental and non-experimental research, and understand basic measurement constructs.

## **WEL 6017 Mind-Body Medicine (3 Units)**

This course explores the dynamic interplay between mind, body, and behavior. Students will examine how emotional, mental, social, and spiritual factors affect health and well-being. Emphasis will be placed on evaluating integrative health approaches to increase self-awareness, enhance self-care, and cultivate resilience in both patients and healthcare professionals. Letter grade.

## **WEL 6027 Health Equity and Social Justice (3 Units)**

This course examines the theoretical frameworks explaining health disparities across various populations, with a focus on social determinants of health. Students will explore a diverse set of policies and practices that promote health equity, including those that address privilege and power, encourage capacity-building, and facilitate community engagement. Bridging macro and micro approaches to health, this course aims to cultivate health professionals who practice empathy. Letter grade.

## **WEL 6037 Behavior Change Models, Methods, and Theories (3 Units)**

This course examines widely accepted theories, models and methods for facilitating health behavior change. Topics include, but are not limited to, the transtheoretical model of behavioral change, self-determination theory, and theory of planned behavior. Letter grade.

## **WEL 6047 Foundations of Health and Well-Being Coaching (3 Units)**

In this course, students will apply evidence-based behavior change strategies and effective communication techniques to facilitate patient-centered coaching interventions. Emphasis will be placed on the development and refinement of practical coaching skills in order to empower patients to enact meaningful and sustainable lifestyle changes. This course will also survey the current landscape and future opportunities within the evolving field of health and wellness coaching in order to prepare students for work in a variety of settings. Letter grade.

**Corequisite(s):** WEL 6037 or consent of Program Director.

## **WEL 6048 Culinary Medicine (3 Units)**

This course provides an introduction to the rapidly growing field of culinary medicine for health professionals, bridging together evidence-based nutrition with culinary knowledge and skills to support the health and well-being of individuals and communities. With an emphasis on hands-on learning, students will develop a deeper knowledge of food and cooking skills while also examining cultural food traditions, access to healthy foods, and practical dietary behavior change strategies to prevent and treat chronic diseases. Letter grade.

## **WEL 6057 Devising Well-Being Projects and Initiatives (1 Unit)**

This course will engage students in exploring relevant topics and issues in order to address current problems and lead future wellness initiatives to improve the health and well-being of individuals and communities. Students will formulate a capstone project proposal intended to deepen knowledge in a specific health or wellness-related area of professional interest. Vocation, leadership, and interprofessional collaboration will be emphasized. Letter grade.

## **WEL 6058 Lifestyles of Longevity (3 Units)**

This course explores the lifestyles and environments of the world's healthiest, longest-lived people. Students will examine the core science-supported lifestyle habits associated with health and longevity. Through an immersive travel experience, emphasis will be placed on cultivating cultural humility as well as personally applying the "Blue Zones" daily lifestyle practices. Additionally, students will adapt the Blue Zones principles to foster healthier communities within the U.S., specifically taking into account social and cultural determinants of health. Letter grade.

## **WEL 6067 Advanced Health and Well-Being Coaching (2 Units)**

This course is specifically designed to deepen and refine the foundational health and wellness coaching skills developed in WEL 6047. Through case-based learning and real-world application, students will apply health and wellness coaching knowledge and skills in working with both individuals and groups. This course will also evaluate key considerations for designing and implementing integrative health and wellness coaching programs and services in a variety of professional settings. Letter grade.

**Prerequisite(s):** WEL 6047

## **WEL 6068 Wellness Entrepreneurship (3 Units)**

This course provides health and wellness professionals with a practical framework for entrepreneurship, emphasizing key principles for successful business success. Students will develop and apply entrepreneurial knowledge and skills necessary to make informed professional decisions regarding starting or joining an entrepreneurial endeavor or creating a new venture within an existing organization or other place of employment. Letter grade.

**WEL 6077 Exercise and Nutrition for Health and Healing (3 Units)**

This course evaluates the critical role that physical activity, exercise, and nutrition play in preventing and treating chronic diseases. Students will examine current research, established guidelines and best practices in order to design and deliver comprehensive lifestyle interventions that optimize health, healing, and well-being.

Letter grade.

**WEL 6087 Internship (1-3 Units)**

Students will engage in a clinical, educational or community-based internship experience under the direct supervision of a preceptor. Building upon their acquired knowledge and practical skills, students will directly engage in developing and delivering programs and services to support whole person health and well-being.

Letter grade.

**Prerequisite(s):** Consent of Program Director.

**WEL 6097 Capstone Project in Integrative Wellness (2 Units)**

This course provides students with in-depth guidance in producing a final project to deepen knowledge in a health or wellness-related area of their professional interest. Under the direction of a faculty mentor, students will create, present and defend\* an original lifestyle medicine or wellness-focused clinical, academic, or entrepreneurial project designed to advance the field and their professional standing. The qualified student will have previously defended a project proposal successfully in WEL 6057.

Letter grade.

**Prerequisite(s):** WEL 6057 or equivalent and consent of Program Director.

**Fee:** \*If a student does not successfully defend their Capstone Project, a Program Extension Fee of \$745 will be charged to the student's account each semester until they complete the project.

**WEL 6098 Lifestyle Medicine Board Review (0 Units)**

This comprehensive review course and assessment is a summative experience of the Integrative Wellness program designed to demonstrate learning and mastery of the pillars of evidence-based lifestyle medicine and their clinical application in preparation for Lifestyle Medicine Board Certification.

Credit/No Credit.

**Prerequisite(s):** Consent of Program Director.

**Fee:** Course fee applies. See "Special Fees" in Financing a PLNU Education.