

# Master of Science in Health & Wellness Management

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The Master of Science degree in Health and Wellness Management program will equip students with the competencies required to successfully promote and advance the health and well-being of defined groups of people, to effectively lead wellness programs and to conduct research in the discipline. The degree is designed to prepare professionals to assume senior leadership positions in the wellness management field and is unique from other programs in that it has an increased emphasis on management and leadership competency development and focuses on all dimensions of personal and organizational wellness. Over the past 30 years, wellness has developed into a primary business strategy as these programs, when managed effectively, have documented successes in addressing key business issues such as health care cost containment, productivity, absenteeism, and risk management. The program features a multidisciplinary curriculum that draws on psychology, health, nursing/healthcare, communication and management sciences.

## Admission Requirements

Each applicant's prior academic work and experience will be evaluated prior to admission. Applicants are expected to have college-level writing, oral communication and computer skills. Students who show exceptional promise but lack the minimal prerequisites may be admitted provisionally. Applicants are not required to take the GRE for admission.

The application process requires completion of a UW-Green Bay Graduate Application form; resume; personal statement describing the applicant's interest in the degree (see below); names and contact information of two references (see below); and official transcripts (undergraduate and graduate).

## Prerequisites

Minimum admission requirements are:

- A baccalaureate degree from an accredited institution.
- A minimum of a 3.0 grade point average (GPA).
- Prerequisite coursework in:
  - Personal Health or equivalent
  - Anatomy & Physiology or Human Biology or equivalent
  - Intro to Psychology or equivalent
  - Elementary Statistics or equivalent
- Two (2) letters of recommendation (can be professional or academic)
- Resume
- Up to 1,000 word statement of personal intent describing decision to pursue this degree and what you believe you will bring to the health and wellness management field.
- No required aptitude tests (GRE, GMAT, e.g.)

Code	Title	Credits
HWM 700	Contemporary Health and Wellness Perspectives	3
HWM 705	Strategic Management for Wellness Managers	3
HWM 710	Research Methods for Wellness Programs	3
HWM 715	Persuasion Skills for Wellness Managers	3
HWM 720	Exercise and Nutrition in Health and Disease	3
HWM 730	Biopsychosocial Aspects of Health	3
HWM 740	Health Systems and Policy for Wellness Managers	3
HWM 750	Planning and Evaluation for Wellness Managers	3
HWM 760	Wellness Law	3
HWM 770	Behavior and Development in Organizations	3
HWM 780	Best Practices and Emerging Issues in Wellness	3
HWM 790	Health and Wellness Management Capstone Course	3
Total Credits		36

**Dr. Christine Vandenhouten PhD, RN, APHN-BC, CPH**, Associate Professor and Academic Director of the Master of Science in Health and Wellness Management program. BSN (1986) Marian University, Fond du Lac, WI; MSN (1991) University of Wisconsin- Oshkosh; Ph.D. (2008) Marquette University, Milwaukee, WI.

*Fields of interest:* Health Policy, Healthcare Finance, Program Assessment and Evaluation, Emotional intelligence/leadership styles, Community/public health, global health, Interprofessional healthcare, Leadership on Boards of Directors.

**Dr. T. Heather Herdman PhD, RN**, Associate Professor, Nursing. B.S.N. (1988), University of South Carolina, Columbia; M.S.N. (1991), and Ph.D. (1995), Boston College

*Fields of interest:* clinical reasoning, nursing diagnosis, patient safety and outcomes, leadership, integrative health care, cultural competence