



## ACCELERATED PLAN

# Bachelor of Arts in Healthy Lifestyle Management (BA) to Master of Science in Organizational Leadership (MS)

FALL COURSES	CREDITS	SPRING COURSES	CREDITS	SUMMER, TRANSFER AND PRE-CU COURSES	CREDITS
Composition.....	3	Math Reasoning .....	2		
Critical Issues.....	4	Understanding Social Science (ANT 113) .....	3		
Christian Tradition .....	3	Philosophical Ideas .....	3		
Understanding Natural Science .....	2	Fine Arts .....	3		
Elective .....	3	Elective .....	3		
<b>TERM SUBTOTAL: .....</b>	<b>15</b>	Elective .....	3		
		<b>TERM SUBTOTAL: .....</b>	<b>17</b>		
Global Perspectives.....	3	Ethics.....	3		
Biblical Tradition .....	3	Literature .....	3		
Intro to Psychology .....	3	Cultural and Social Studies.....	3		
Foreign Language .....	3	Ultimate Questions .....	3		
Elective .....	3	Elective .....	3		
HLM 101 Intro to Healthy Lifestyle Management.....	1	HLM 301 Determinants of Health.....	3		
<b>TERM SUBTOTAL: .....</b>	<b>16</b>	<b>TERM SUBTOTAL: .....</b>	<b>18</b>		
Communication Studies.....	3	Psychology .....	3		
Statistics .....	3	HLM, ANT, COM -OR- PSY .....	3		
Elective .....	3	Doing Natural Science .....	3		
Elective .....	1	Elective .....	3		
HLM 340 Healthy Eating and Whole Person Health.....	3	HLM 450 Lifestyle Medicine .....	3	GRD 600 Orientation to Creighton .....	0
HLM 341 Physical Activity and Whole Person Health.....	3	<b>TERM SUBTOTAL: .....</b>	<b>15</b>	<b>TERM SUBTOTAL: .....</b>	<b>0</b>
<b>TERM SUBTOTAL: .....</b>	<b>16</b>				
HLM, ANT, COM -OR- PSY .....	3	HLM 499 Capstone in Healthy Lifestyle Management.....	3		
HLM 451 Health and Wellness Coaching -OR- HLM 452 Community Health.....	3	MSL 602 Communicating and Leading Across Culture .....	3		
GRD 601 Writing for Graduate Students.....	1	MSL 603 Innovation and Adaptive Change .....	3	MSL 604 Approaches to Human Capital....	3
MSL 600 Leadership Theory, Application and Reflection.....	2	<b>TERM SUBTOTAL: .....</b>	<b>9</b>	MSL Elective.....	3
MSL 601 Strategic Orienteering and Execution Tactics .....	3			<b>TERM SUBTOTAL: .....</b>	<b>6</b>
<b>TERM SUBTOTAL: .....</b>	<b>12</b>				
MSL Elective.....	3	MSL Elective.....	3	MSL 790 Leadership Capstone.....	3
MSL Elective.....	3	MSL Elective.....	3	MSL Elective.....	3
<b>TERM SUBTOTAL: .....</b>	<b>6</b>	<b>TERM SUBTOTAL: .....</b>	<b>6</b>	<b>TERM SUBTOTAL: .....</b>	<b>6</b>

**GRAND TOTAL:.....142**

106 Undergraduate + 36 Graduate Credit Hours  
12 credit hours used by both BA and MS Degree



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CORE REQUIREMENTS	CREDITS	COURSES IN MAJOR THAT SATISFY THE CORE REQUIREMENT	MAJOR	CREDITS
<b>MAGIS CORE—FOUNDATIONS</b>			<b>HEALTHY LIFESTYLE MANAGEMENT MAJOR</b>	
Composition.....	3		HLM 101 Intro to Healthy Lifestyle Management.....	1
Critical Issues.....	3	HLM 170 Don't Worry, Be Happy	ANT 113 Intro to Anthropology: Determinants of Health.....	3
Oral Communication.....	1		PSY 201 Intro Psychology.....	3
Math Reasoning (MTH 206).....	2		HLM 301 Foundations of Healthy Lifestyle Management.....	3
Philosophical Ideas.....	3		HLM 340 Healthy Eating and Whole Person Health.....	3
Christian Tradition.....	3		HLM 341 Physical Activity and Whole Person Health.....	3
<b>MAGIS CORE—EXPLORATIONS</b>			HLM 450 Lifestyle Medicine.....	3
Understanding Natural Science.....	2		HLM 451 Health and Wellness Coaching	
Understanding Social Science.....	3		<b>-OR-</b> HLM 452 Community Health.....	3
Global Perspectives.....	3		HLM 499 Capstone in Healthy Lifestyle Management.....	3
Literature.....	3			
Ethics.....	3			
Biblical Tradition.....	3			
<b>MAGIS CORE—INTEGRATIONS</b>				
Intersections.....	3	HLM 499 Capstone in HLM		
<b>DESIGNATED COURSES</b>				
Oral Communication		HLM 499 Capstone in HLM		
Written Communication		HLM 450 Lifestyle Medicine		
Statistical Reasoning (MTH 206)		HLM 451 <b>-OR-</b> HLM 452		
Ethics		HLM 301 Foundations of HLM		
Technology				
<b>COLLEGE OF PROFESSIONAL STUDIES</b>				
CPS 200 Making the Transition.....	3			
<p>Masters classes shown in <b>LIGHT BLUE</b> will be taken while an undergraduate student. Masters classes shown in <b>GRAY</b> will be taken while a graduate student.</p> <p><b>OTHER NOTES</b>  This plan is an example of Creighton's <b>Accelerated Bachelor's to Master's</b> program and how one might accomplish this path. Please note, each student will have a unique background and set of circumstances that must be considered in their plan.</p>				
			<i>Select 3 credits from each category:</i>	
			<b>SOCIAL AND CULTURAL STUDIES</b>	
			ANT 363 Medical Anthropology	
			ANT 383 Cultural Epidemiology	
			ANT 418 Healthcare, Society and Culture	
			ANT 425 Honey, What's for Dinner: Food, Culture, Gender and Health	
			ANT 455 Food, Society and Environment	
			<b>COMMUNICATION STUDIES</b>	
			COM 320 Leadership: Theories, Styles and Skills	
			COM 361 Interpersonal Communication	
			COM 390 Health Communication	
			COM 442 Cultural Communication	
			COM 459 Environmental Communication	
			COM 464 Family Communication about Health and Wellness	
			COM 478 Perspectives on Work-Life Balance, Wellness and Justice	
			<b>PSYCHOLOGY</b>	
			PSY 270 Personal Growth	
			PSY 342 Adolescent and Adult Development	
			PSY 344 Social Psychology	
			PSY 352 Health Psychology	
			PSY 433 Motivation and Emotion	
			<i>Select 6 credits of electives from HLM, ANT, COM, PSY courses numbered above 300.</i>	
			<b>MAJOR SUBTOTAL:.....</b>	<b>40</b>



Graduate School

FOR MORE INFORMATION

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