



ACCELERATED PLAN

Bachelor of Arts in Healthy Lifestyle Management (BA) to Master of Science in Integrative Health and Wellness (MS)

FALL COURSES		CREDITS	SPRING COURSES		CREDITS	SUMMER, TRANSFER AND PRE-CU COURSES		CREDITS
Composition		3	Math Reasoning		2			
Critical Issues -AND- Communication		4	Understanding Social Science (ANT 113)		3			
Christian Tradition		3	Philosophical Ideas		3			
Understanding Natural Science		2	Fine Arts		3			
Elective		3	Elective		3			
TERM SUBTOTAL:		15	TERM SUBTOTAL:		17			
Global Perspectives		3						
Biblical Tradition		3	Ethics		3			
Intro to Psychology		3	Literature		3			
Foreign Language		3	Cultural and Social Studies		3			
Elective		3	Ultimate Questions		3			
HLM 101 Intro to Healthy Lifestyle Management		1	Elective		3			
TERM SUBTOTAL:		16	HLM 301 Determinants of Health		3			
			TERM SUBTOTAL:		18			
Communication Studies		3						
Statistics		3	Psychology		3			
Elective		3	HLM, ANT, COM -OR- PSY		3			
Elective		1	Doing Natural Science		3			
HLM 340 Healthy Eating and Whole Person Health		3	Elective		3			
HLM 341 Physical Activity and Whole Person Health		3	HLM 450 Lifestyle Medicine		3	GRD 600 Orientation to Creighton	0	
TERM SUBTOTAL:		16	TERM SUBTOTAL:		15	TERM SUBTOTAL:	0	
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	Elective		3			
Elective		3	Elective		3			
IHW 591 Advanced Lifestyle Medicine (Term 1)		2	IHW 651 Nutrition for Chronic Disease (Term 1)		3	IHW 653 Stress and Sleep Management	3	
IHW 650 Health Behavior Modification (Term 2)		3	IHW 652 Exercise for Chronic Disease (Term 2)		3	IHW Elective	3	
GRD 601 Writing for Graduate Students		1	TERM SUBTOTAL:		15	TERM SUBTOTAL:	6	
TERM SUBTOTAL:		15						
IHW 501 Personal Development (Term 1)		3	IHW 780 Health and Wellness Coach Skills, Techniques and Tools -OR- Elective (Term 1)		3			
IHW 760 Advanced Health and Wellness Coaching (Term 1)		3	IHW 670 Research Methods and Program Design (Term 2)		3			
IHW 781 Health and Wellness Coaching: Theory to Practice -OR- Elective (Term 2)		3	IHW 799 Capstone in Health and Wellness Coaching (Term 2)		3			
TERM SUBTOTAL:		9	TERM SUBTOTAL:		9			
GRAND TOTAL:			GRAND TOTAL:			GRAND TOTAL:		151
						115 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
MAGIS CORE—FOUNDATIONS			HEALTHY LIFESTYLE MANAGEMENT MAJOR	
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
MAGIS CORE—EXPLORATIONS			HLM 450 Lifestyle Medicine	3
Understanding Natural Science	2		HLM 451 Health and Wellness Coaching	
Understanding Social Science	3		-OR- HLM 452 Community Health	3
Global Perspectives	3		HLM 499 Capstone in Healthy Lifestyle Management	3
Literature	3			
Ethics	3			
Biblical Tradition	3			
MAGIS CORE—INTEGRATIONS				
Intersections	3	HLM 499 Capstone in HLM		
DESIGNATED COURSES				
Oral Communication		HLM 499 Capstone in HLM		
Written Communication		HLM 450 Lifestyle Medicine		
Statistical Reasoning (MTH 206)		HLM 451 -OR- HLM 452		
Ethics		HLM 301 Foundations of HLM		
Technology				
COLLEGE OF PROFESSIONAL STUDIES				
CPS 200 Making the Transition	3			
<p>Masters classes shown in LIGHT BLUE will be taken while an undergraduate student. Masters classes shown in GRAY will be taken while a graduate student.</p> <p>OTHER NOTES This plan is an example of Creighton's Accelerated Bachelor's to Master's 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>				
			<p><i>Select 3 credits from each category:</i></p> <p>SOCIAL AND CULTURAL STUDIES 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</p> <p>COMMUNICATION STUDIES 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</p> <p>PSYCHOLOGY PSY 270 Personal Growth PSY 342 Adolescent and Adult Development PSY 344 Social Psychology PSY 352 Health Psychology PSY 433 Motivation and Emotion</p> <p><i>Select 6 credits of electives from HLM, ANT, COM, PSY courses numbered above 300</i></p>	
			MAJOR SUBTOTAL:	40

FOR MORE INFORMATION

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Creighton
UNIVERSITY

Graduate School