### **ACCELERATED PLAN**



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

<b>FALL</b> COURSES	CREDITS	SPRING COURSES	CREDITS	SUMMER, TRANSFER AND PRE-	-CU CREDITS
Composition Critical Issues Christian Tradition Understanding Natural Science Elective TERM SUBTOTAL:	3 4 3 2 3 15	Math Reasoning Understanding Social Science (ANT Philosophical Ideas Fine Arts Elective Elective TERM SUBTOTAL:	2 113) 3 3 3 3 3 3 17		
Global Perspectives Biblical Tradition Intro to Psychology Foreign Language Elective HLM 101 Intro to Healthy Lifestyle Management TERM SUBTOTAL:	3 3 3 3 3 1 16	Ethics Literature Cultural and Social Studies Ultimate Questions Elective HLM 301 Determinants of Health TERM SUBTOTAL:	3 3 3 3 3 3 18		
Communication Studies Statistics Elective Elective HLM 340 Healthy Eating and Whole Person Health HLM 341 Physical Activity and Whole Person Health TERM SUBTOTAL:	3 3 1 3 3	Psychology HLM, ANT, COM -OR- PSY Doing Natural Science Elective HLM 450 Lifestyle Medicine TERM SUBTOTAL:	3 3 3 3 15	GRD 600 Orientation to Creighton TERM SUBTOTAL:	0 <b>0</b>
HLM, ANT, COM -OR- PSY HLM 451 Health and Wellness Coaching -OR- HLM 452 Community Health GRD 601 Writing for Graduate Students MSL 600 Leadership Theory, Application and Reflection MSL 601 Strategic Planning TERM SUBTOTAL:	3 3 1 2 3 12	HLM 499 Capstone in Healthy Lifestyle Management MSL 602 Communicating and Leading Across Culture MSL 603 Innovation and Adaptive Change TERM SUBTOTAL:	3 3 9	MSL 632 Contemporary Issues in Leadership MSL Elective TERM SUBTOTAL:	3 3 <b>6</b>
MSL Elective MSL Elective TERM SUBTOTAL:	3 3 <b>6</b>	MSL Elective MSL Elective TERM SUBTOTAL:	3 3 <b>6</b>	MSL 790 Leadership Capstone MSL Elective TERM SUBTOTAL:	3 3 <b>6</b>

#### **ACCELERATED PLAN**



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

CORE REQUIREMENTS	CREDITS	COURSES IN MAJOR THAT SATISFY THE CORE REQUIREMEN
MAGIS CORE—FOUNDATIONS		
Composition	3	
Critical Issues	3	HLM 170 Don't Worry, Be Happy
Oral Communication	1	
Math Reasoning (MTH 206)	2	
Philosophical Ideas	3	
Christian Tradition	3	
MAGIS CORE—EXPLORATIONS		
Understanding Natural Science	2	
Understanding Social Science	3	
Global Perspectives	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 <b>-OR-</b> HLM 452
Ethics Technology		HLM 301 Foundations of HLM
COLLEGE OF PROFESSIONAL ST	UDIES	
3311131 3		

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.

#### **OTHER NOTES**

CPS 200 Making the Transition

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.

MAJOR	CREDITS

HEALTHY LIFESTYLE MANAGEMENT MA	AJOR
HLM 101 Intro to Healthy Lifestyle Management	1
ANT 113 Intro to Anthropology:	•
Determinants of Health	3
PSY 201 Intro Psychology	3
HLM 301 Foundations of Healthy	
Lifestyle Management	3
HLM 340 Healthy Eating and	
Whole Person Health	3
HLM 341 Physical Activity and	
Whole Person Health	3
HLM 450 Lifestyle Medicine	3
HLM 451 Health and Wellness	
Coaching	
-OR- HLM 452 Community Health	3
HLM 499 Capstone in Healthy	

Select 3 credits from each category:

#### **SOCIAL AND CULTURAL STUDIES**

Lifestyle Management

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

#### **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,

COM 478 Perspectives on Work-Life Balance Wellness and Justice

#### **PSYCHOLOGY**

PSY 270 Personal Growth PSY 342 Adolescent and Adult Development PSY 344 Social Psychology PSY 352 Health Psychology

PSY 352 Health Psychology PSY 433 Motivation and Emotion

Select 6 credits of electives from HLM, ANT, COM, PSY courses numbered above 300

MAJOR SUBTOTAL: 40

