



ACCELERATED PLAN

Bachelor of Arts in Communication Studies (BA) to Master of Science in Integrative Health and Wellness (MS)

FALL COURSES CREDITS

Table with 2 columns: Course Name, Credits. Includes RSP: Intro to Collegiate Life (0.5), Composition (3), Philosophical Ideas (3), Understanding Natural Science (2), Foreign Language (4), COM 200 Communication Practices (3), and TERM SUBTOTAL: 15.5.

SPRING COURSES CREDITS

Table with 2 columns: Course Name, Credits. Includes RSP: Intro to Collegiate Life (0.5), Critical Issues (3), Oral Communication (1), Christian Tradition (3), Fine Art (3), Elective/Minor Credit (3), COM 300 Communication (3), Research Methods (3), and TERM SUBTOTAL: 16.5.

SUMMER, TRANSFER AND PRE-CU COURSES CREDITS

Table with 2 columns: Course Name, Credits. Includes Math Reasoning (3), Global Perspectives (3), Ethics (3), Elective/Minor Credit (3), COM 359 Rhetoric and Public Culture (3), and TERM SUBTOTAL: 15.

Table with 2 columns: Course Name, Credits. Includes Literature (3), Biblical Tradition (3), Doing Natural Science (4), Elective/Minor Credit (3), COM 361 Interpersonal Communication (3), and TERM SUBTOTAL: 16.

Table with 2 columns: Course Name, Credits. Includes Ultimate Questions (3), Elective/Minor Credit (3), COM 360 Organizational Communication Theories (3), COM Elective (3), and TERM SUBTOTAL: 18.

Table with 2 columns: Course Name, Credits. Includes Elective/Minor Credit (3), COM 496 Communication Internship and Professional Development (3), COM Elective (3), and TERM SUBTOTAL: 18.

Table with 2 columns: Course Name, Credits. Includes Intersections (3), COM 497 Senior Research in Communication Studies (3), COM Elective (3), GRD 601 Writing for Graduate Students (1), IHW 591 Advanced Lifestyle Medicine (Term 1) (2), IHW 650 Health Behavior Modification (Term 2) (3), and TERM SUBTOTAL: 15.

Table with 2 columns: Course Name, Credits. Includes Elective/Minor Credit (3), COM 490 Communication and Community (3), IHW 651 Nutrition for Chronic Disease (Term 1) (3), IHW 652 Exercise for Chronic Disease (Term 2) (3), and TERM SUBTOTAL: 15.

Table with 2 columns: Course Name, Credits. Includes 653 Stress and Sleep Management (3), IHW Elective (3), and TERM SUBTOTAL: 6.

Table with 2 columns: Course Name, Credits. Includes IHW 501 Personal Development (Term 1) (3), IHW 760 Advanced Health and Wellness Coaching (Term 1) (3), IHW 781 Health and Wellness Coaching: Theory to Practice -OR- Elective (Term 2) (3), and TERM SUBTOTAL: 9.

Table with 2 columns: Course Name, Credits. Includes IHW 780 Health and Wellness Coach Skills, Techniques, and Tools -OR- Elective (Term 1) (3), IHW 670 Research Methods and Program Design (Term 2) (3), IHW 799 Capstone in Health and Wellness Coaching (Term 2) (3), and TERM SUBTOTAL: 9.

GRAND TOTAL: 153
117 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 | | | COMMUNICATION MAJOR | |
| Composition | 3 | | COM 200 Communication Practices | 3 |
| Critical Issues* | 3 | | COM 300 Communication Research Methods | 3 |
| Oral Communication | 1 | | COM 359 Rhetoric and Public Culture | 3 |
| Math Reasoning | 2 | | COM 360 Organizational Communication Theories | 3 |
| Philosophical Ideas | 3 | | COM 361 Interpersonal Communication and Community | 3 |
| Christian Tradition | 3 | | COM 490 Communication and Community | 3 |
| MAGIS CORE—EXPLORATIONS | | | | |
| Understanding Natural Science | 4 | COM 200 Communication Practices | COM 496 Communication Internship and Professional Development | 3 |
| Understanding Social Science | 3 | | COM 497 Senior Research in Communication Studies | 3 |
| Global Perspectives | 3 | | | |
| Literature | 3 | | | |
| Ethics | 3 | | | |
| Biblical Tradition | 3 | | | |
| Fine Arts | 3 | | | |
| Foreign Language | 4 | | | |
| MAGIS CORE—INTEGRATIONS | | | | |
| Intersections* | 3 | | | |
| Doing Natural Science | 4 | | | |
| Doing Social Science | 3 | COM 361 Interpersonal Communication | | |
| Ultimate Questions | 3 | | | |
| DESIGNATED COURSES | | | | |
| Oral Communication | | COM 497 Senior Research in Communication Studies | | |
| Written Communication | | COM 359 Rhetoric and Public Culture | | |
| Statistical Reasoning | | COM 300 Communication Research Methods | | |
| Ethics | | COM 490 Communication and Community | | |
| Technology | | COM 360 Organizational Communication Theories | | |
| | | | MAJOR SUBTOTAL | 36 |

12 elective hours, 9 of which should be numbered 300-level and above.

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

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.

Communication courses could wait to be taken spring semester of first year or in second year. Contact the department chair for questions

*Recommend COM courses for Foundations: Critical Issues and Integrations: Intersections. See Course Catalog or department chair for available courses..

FOR MORE INFORMATION

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Creighton
UNIVERSITY

Graduate School