

## **Bachelor of Arts, Healthy Lifestyle Management**

### **Objectives**

The Bachelor of Arts in Healthy Lifestyle Management will prepare students who can:

1. Demonstrate knowledge of each of the components that determines an individual's health and well-being as they relate to the risk for chronic diseases.
  - a. Demonstrate knowledge of chronic disease prevention interventions.
  - b. Demonstrate the ability to design a program for an individual based on their specific determinants of health that can lead to improved health and well-being and the prevention of chronic diseases.
  - c. Demonstrate the values necessary to care for the "whole person health" needs of an individual.
2. Prepare students to matriculate into health sciences programs, graduate education programs or gainful employment.
3. Prepare students for the following nationally recognized certification exams (industry leading certification exams)
  - Certified Health Education Specialist (National Commission for Health Education Credentialing, Inc)
  - Physical Activity in Public Health Specialist (American College of Sports Medicine)
  - Wellcoach (Wellcoaches School of Coaching)
  - Lifestyle Coach (Centers for Disease Control and Prevention National Diabetes Prevention Program)
4. Offer students the ability to gain skills in Healthy Lifestyle Management through the Center for Health Promotion and Well-Being's employee, community and clinical well-being programs

## Educational Outcomes

Graduates of the Healthy Lifestyle Management program must possess knowledge, skills, attitudes, and values to work with people across their lifespan to improve their personal health and well-being so that they can thrive in the community in which they live, work and spend their time. Graduates must be able to serve individuals based on efficacy data and in cooperation with other members of an interdisciplinary team. In this regard, graduates must demonstrate competence in the following areas:

1. *Cura Personalis*. Demonstrate through academic preparation and personal reflection the St. Ignatian Charism, *Cura Personalis*: Care for the individual person.
2. Service and Social Justice. Demonstrate a commitment to service and social justice within the community. Students will participate in service learning experience within the Creighton community and beyond.
3. Reflective Personal and Professional Development. Practice habitual reflection to nurture lifelong development personally and professionally in alignment with the Jesuit pedagogical model. Students will identify, analyze and evaluate relevant work and learning experiences contributing to their degree completion.
4. Teamwork and Collaboration. Demonstrate ability to work collaboratively within a team. Students will learn and demonstrate how to be an effective member of a team.
5. Communication. Demonstrate effective verbal, non-verbal and written communication skills. Students will demonstrate the ability to communicate cross-culturally and within various economic and social classes. Students will also communicate and collaborate effectively and at an appropriate level both interpersonally and within an interdisciplinary team.
6. Creativity and Critical Thinking. Demonstrate situational solutions critically and creatively. Students will problem-solve personal and professional situations with creative imagination and analytical solutions. This will be done through academic practices, service learning and research projects.
7. Well-Being. Demonstrate a comprehensive understanding of well-being and the essential elements that promote well-being.

8. Whole Person Health. Demonstrate knowledge of each of the components that determines an individual's health and well-being as they relate to the risk for chronic diseases.

9. Self-Care. Demonstrate knowledge, skills and beliefs regarding the empowerment that effective self-care has for managing a healthy lifestyle and the importance of preventive care. Students will learn about self-care strategies, practice designing self-care programs for others, and demonstrate the importance of self-care in the broad scope of health promotion and well-being.

## **Program: Traditional Students, College of Arts and Sciences (on campus)**

### **Bulletin Description**

The Healthy Lifestyle Management degree is an interdisciplinary program that combines the departments of Social and Cultural Studies, Psychology, and Communication Studies to give students a diverse perspective and unique set of skills to work with individuals across the lifespan to improve health and prevent disease. The program aims to give students the knowledge, skills and values to work with individuals to prevent and mitigate the risk for chronic diseases by caring for the “whole person” health needs of the individual. Students will be prepared to work in the wellness industry, matriculate to a health professions program, or to enter the field of health and wellness coaching.

Requirements for admission to B.A., Healthy Lifestyle Management: A cumulative GPA of 2.0 or higher; successful completion of HLM 101, Introduction to Healthy Lifestyle Management; a grade of “C” or better in BIO 202/206; completion of emotional intelligence questionnaire; and a personal interview with the program director.

### **B.A., Major in Healthy Lifestyle Management: 40 Credits**

#### Course Requirements

##### (All of the Following)

- HLM 101 Introduction to Healthy Lifestyle Management (1)
- ANT 113 Introduction to Anthropology: Determinants of Health (3)
- PSY 201 Introductory Psychology (3)
- HLM 301 Foundations of Healthy Lifestyle Management (3)
- ANT 315 Healthcare Society and Culture (3) (P: ANT 111 or ANT 113 or SOC 101)
- PSY 352 Health Psychology (3) (P: PSY 201)
- COM 361 Interpersonal Communication (3)
- HLM 350 Nutrition for Healthy Living (3)
- HLM 351 Fitness for Living (3)
- HLM 450 Lifestyle Medicine (3) (P: HLM 350; HLM 351)
- HLM 451 Health and Wellness Coaching (3) (P: HLM 350; HLM 351)
- HLM 499 Capstone: Integrated Seminar in Healthy Lifestyle Management (3) (P: Sr stdg; HLM 450; HLM 451)

Elective Courses (Two of the Following)

- ANT 244 Cross-Cultural Communication (3) II, ENY P: So. stdg
- ANT 363 Medical Anthropology (3) I, II P: So. Stdg
- ANT 424 Sustainability in Rural America (3) I, ENY S P: PHL 250 or THL 250; Sr. stdg
- ANT 455 Food Society, and Environment (3) II P: Sr. stdg
- SOC 314 Statistics for the Social Sciences (4) I, II CO: SOC 312
- SOC 317 Global Health Issues (3) II, ONY P: So. stdg
- SOC 355 Environment and Society: Sociological Perspectives (3) II
- SOC 360 Gender, Society and Culture (3) I P: So. Stdg
- SOC 411 Social Inequity and Stratification (3) II P: Jr. stdg
- SWK 261 Introduction to Social Welfare (3) I, II
- SWK 275 Human Behavior and the Social Environment (4) I
- SWK 289 Self-Care for the Helping Professions (1) P: SWK major or IC
- PSY 270 Personal Growth and Development (3) II
- PSY 271 Developmental Psychology
- PSY 313 Research Methods and Statistics (3) I, II P: PSY 111
- PSY 342 Adolescent and Adult Development (3) II P: PSY 111
- PSY 343 Psychology of Personality (3) I, II P: PSY 111
- PSY 344 Social Psychology (3) I, II P: PSY 111
- PSY 369 Organizational Psychology (3) II P: PSY 111
- PSY 428 Multicultural Issues in Psychology (3) I, II P: PSY 111
- PSY 433 Motivation and Emotion (3) I P: PSY 111
- COM 320 Leadership: Theories, Styles, and Skills (3) OD
- COM 360 Organizational Communication (3) I
- COM 390 Health Communication (3) OD
- COM 442 Cultural Communication (3) OD
- COM 450 Communicating Health Narratives (3) OD
- COM 459 Environmental Communication (3) OD
- COM 477 Gendered Health Communication Across the Lifespan (3) OD P: PHL 250 or THL 250; Sr. stdg
- COM 478 Intersections of Working and Personal Life (3) OD P: PHL 250 or THL 250; Sr. stdg
- PHL 455 Health Care, Society and Values (3) P: PHL 107, and one of the following: PHL 201, PHL 250, PHL 312, or PHL 320
- PHL 456 Public Health Ethics (3) P: PHL 250 or THL 250; Sr. stdg
- ENT 311 Innovation and Creativity (3) I, II P: So. Stdg
- MTH 355 Essentials of Epidemiology (3)
- ECO 513 Health Economics (3) OD P: Jr. stdg
- ILS 352 Emotionally Intelligent Leadership (3) (online through CPS) DC
- ILS 331 Healthcare and Society (3) (online through CPS) DC
- ILS 338 Quality in Healthcare (3) (online through CPS) DC

## **Program: Non-Traditional Students, College of Professional Studies (online)**

### **Bulletin Description**

The Healthy Lifestyle Management degree is an interdisciplinary program that combines the departments of Social and Cultural Studies, Psychology, and Communication Studies to give students a diverse perspective and unique set of skills to work with individuals across the lifespan to improve health and prevent disease. The program aims to give students the knowledge, skills and values to work with individuals to prevent and mitigate the risk for chronic diseases by caring for the “whole person” health needs of the individual. Students will be prepared to work in the wellness industry, matriculate to a health professions program, or to enter the field of health and wellness coaching.

### **B.A., Major in Healthy Lifestyle Management: 39 Credits**

#### Course Requirements

##### (All of the Following)

ANT 113 Introduction to Anthropology: Determinants of Health (3)  
 PSY 201 Introductory Psychology (3)  
 HLM 301 Foundations of Healthy Lifestyle Management (3)  
 ANT 315 Healthcare Society and Culture (3) (P: ANT 111 or ANT 113 or SOC 101)  
 PSY 352 Health Psychology (3) (P: PSY 201)  
 COM 361 Interpersonal Communication (3)  
 HLM 350 Nutrition for Healthy Living (3)  
 HLM 351 Fitness for Living (3)  
 HLM 450 Lifestyle Medicine (3) (P: HLM 350; HLM 351)  
 HLM 451 Health and Wellness Coaching (3) (P: HLM 350; HLM 351)  
 HLM 499 Capstone: Integrated Seminar in Healthy Lifestyle Management (3) (P: Sr stdg; HLM 450; HLM 451)

##### (Two of the Following)

HLM 449 Healthy Lifestyle Management Internship  
 HLM 321 Health Promotion  
 HLM 520 Spirituality and Health  
 ILS 331 Healthcare and Society  
 ILS 338 Quality in Healthcare  
 ILS 352 Emotionally Intelligent Leadership

**Degree: Minor, Healthy Lifestyle Management (18 credits)**

HLM 301 Foundations of Healthy Lifestyle Management (3)

ANT 315 Healthcare Society and Culture (I) (P: ANT 111 or ANT 113 or SOC 101)

PSY 352 Health Psychology (I) (P: PSY 201)

COM 361 Interpersonal Communication (II)

HLM 350 Nutrition for Healthy Living (3)

HLM 351 Fitness for Living (3)

## **Courses Descriptions**

### **HLM 101 Introduction to Healthy Lifestyle Management (1)**

This introductory course will set the foundation for emotional intelligence development and explore the components of the Healthy Lifestyle Management major. In particular, it will introduce students to emotional intelligence, well-being, whole person health, self-care and careers at Healthy Lifestyle Management majors can look forward to after graduation.

### **(Cross Listed) ANT 113 Introduction to Anthropology: Determinants of Health (3)**

Anthropology, a social science discipline, provides a comprehensive understanding of the biological and cultural unity and diversity of humanity. This introductory course will introduce students to the topics, theories, and methods of the discipline, applied to the scientific study of the social and cultural determinants of health, following anthropology's comparative and holistic approach. Students will examine a variety of topics including culture, ethnicity and race, language and communication, economic systems, political systems, kinship and social organization, gender, religion, art, and social and cultural change. They will learn how these components of human life influence health and help us to understand the social and cultural determinants of health.

### **(Cross Listed) PSY 201 Introductory Psychology (3)**

Introduction to the methodologies and basic concepts in the study of behavior. Intended to give the non-major an overview of the science of psychology and to serve as a foundation for further study in psychology for the major.

### **HLM 301 Foundations of Healthy Lifestyle Management (3)**

Study and begin to practice the many components that create health and well-being at the individual level. A concerted focus of this course is on *cura-personalis* relative to health, self-reflection and self-care practices. A broad range of interdisciplinary topics are discussed in the context of health promotion and well-being.

### **(Cross Listed) ANT 315 Healthcare Society and Culture (P: ANT 111 or ANT 113 or SOC 101) (3)**

Study of the relationship between society and health care systems. The sociology of health care organization, including patient-practitioner relationships, concepts of health and disease, healthcare personnel, and systems of delivery. P: So. stdg.



**(Cross Listed) PSY 352 Health Psychology (P: PSY 201) (3)**

Explores the psychological factors involved in health and illness. Topics include stress, disease and personality, patient compliance, health transactions, medical decision-making, and training of health professionals. P: PSY 201.

**(Cross Listed) COM 361 Interpersonal Communication (3)**

Examination of person-to-person communication. Topics include perception, motivation, language and meaning, nonverbal communication, and listening.

**HLM 350 Nutrition for Healthy Living (3)**

Study of the principles of human nutrition. Emphasizes nutrient metabolism and the relationships between diet and health, and diet and disease.

**HLM 351 Fitness for Living (3)**

Study of the principles of exercise. Emphasizes the application of basic anatomy and physiology principles and the relationship between exercise and health, and exercise and disease.

**HLM 450 Lifestyle Medicine (3) (P: HLM 350; HLM 351)**

This course discusses basic lifestyle medicine activities of nutrition, physical activity, weight control, tobacco cessation, sleep success, stress management, alcohol moderation and health behavior change. These lifestyle modification activities are applied to healthy individuals and patients with chronic diseases to prevent disease and/or the progression of disease. An emphasis will be placed on understanding the pathophysiology of common chronic diseases.

**HLM 451 Health and Wellness Coaching (3) (P: HLM 350; HLM 351)**

This course exams of the knowledge, skills and values needed to be a successful health and wellness coach. An emphasis is placed on helping others with health behavior change strategies and career opportunities associated with health and wellness coaching.

**HLM 499 Capstone: Integrated Seminar in Healthy Lifestyle Management (3) (P: Sr stdg; HLM 450; HLM 451)**

This interdisciplinary course pulls together the many topics and experiences that students obtain from their entire course of study. Students reflect on their prior coursework, service, research, experiential training and their own personal journey with health and well-being to complete a portfolio in preparation for employment or matriculation to graduate or health professions school.

**Elective Courses:****HLM 321 Health Promotion (3)**

Students learn the skills to develop and evaluate health programs delivered to individuals or groups in the community. The emphasis is on preventing illness and promoting wellness. Students learn a variety of strategies to develop, implement, and evaluate health promotion programs, skills that can be applied in a variety of health settings.

**HLM 449 Healthy Lifestyle Management Internship (3-5)**

Students will spend 20 hours per week working in one of several wellness-related settings such as: employee wellness, community wellness, or private healthcare. Students will assume positions of responsibility and will demonstrate appropriate leadership skills and knowledge. Placement of students will be based upon course-work selection, grade point, demonstrated leadership, and will be determined by the Program Director. Students who want to commit to 200, 250 or 300 contact hours should register for 3, 4 or 5 credit hours, respectively. P: Jr. stdg. HLM major or IC.

**HLM 520 Spirituality and Health (3)**

This course explores the relationship between spirituality and other health determinants. The reality of the transcendent and transcendent values is foundational. Drawing from theological anthropology, it assumes the sacred nature of the human person. Students will actively explore diverse spiritualities (including but not limited to faith traditions, humanism, agnosticism, atheism, etc.), models that integrate spiritual and health dimensions, and evidence based health outcome related to spirituality. A distinction will be made between spirituality and religion.