

MASTER OF SCIENCE

Health & Wellness Management

UC Online's Health and Wellness Management program focuses on integrating health and wellness research and coaching skills to prepare students for a role in directing wellness programs, coaching in individual or group settings, and more.

CAREER OUTLOOK

16.2%

The demand for trained professionals in this area is large, with the Bureau of Labor Statistics citing a projected 16.2% growth rate in health and wellness careers through 2028.

86%

The recent COVID-19 pandemic has further exposed the compounded effects of chronic diseases, many of which can be prevented or controlled through positive lifestyle behavior changes. Additionally, a total of 86% of the United States' \$2.7 trillion health care expenditures can be attributed to the treatment and management of chronic conditions, such as heart disease and type 2 diabetes.

KNOWLEDGE & LEADERSHIP OUTCOMES

Apply relevant theories and models from the social and behavioral sciences to explain the causes of behaviors that affect health and wellness.

Describe the ways dynamic systems impact health and wellness and contribute to health inequities using an ecological approach (e.g., interactions among the individual, family, organization, community, and social system).

Identify the biopsychosocial factors which influence individual health and wellness, and design lifestyle interventions which focus on chronic disease prevention and management.

Translate health and wellness research into evidence-based decisions and practices surrounding individual patient and client care and the development and implementation of integrative health programs and services.

Demonstrate practical application of the major leadership theories and concepts of innovation within the context of leading health and wellness organizations.

Describe how to establish collaborative relationships within and across key stakeholders and interdisciplinary teams to promote sustainable health and wellness practices that meet long-term personal, organizational, and/or community goals.

Apply evidence-based health and wellness coaching strategies and behavior change techniques using person-centered communication to facilitate meaningful lifestyle changes and improved health outcomes.

Demonstrate a mastery of the competencies, code of ethics, and scope of practice of a National Board Certified Health and Wellness Coach.

Health and Wellness Management Specialists are employed in:

- Physician's Offices
- Insurance Companies
- Corporate or Employee Wellness Programs
- Hospitals & Clinics
- Fitness Centers
- Universities

Why University of Cincinnati Online?



100% Online

UC Online programs are offered 100% online. The University of Cincinnati ranks in the top tier of America's Best Colleges by U.S. News & World Report and is fully accredited nationally.



Learn From National Renowned Faculty

The real-world focused faculty at UC are relevant, inspiring, attentive, supportive and connected!



Start-to-Graduation Support

Earn your degree on your own time. Need help? You'll have your own Student Success Coordinator to guide you through the process to help you manage your time and whatever you need to get to graduation.



Affordable Financial Support

Financial aid packages can help make your tuition more affordable. Currently, nearly all students at UC Online are eligible for some form of financial aid or assistance.

Ready to get started? Visit:

<https://online.uc.edu/masters-programs/ms-health-and-wellness-management/>

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