About Healthy Lifestyle Management

The goal of the Bachelor's in Healthy Lifestyle Management is to offer a degree program that focuses on whole person health by providing students the knowledge, skill and values to work with people on an individual level to improve their personal health and well-being, and prevent the onset and/or progression of chronic diseases. This program is rooted in interdisciplinary teaching and puts into practice the Ignatian-Jesuit charism of cura personalis, care for the whole person.

Students who have an interest in learning to work one-on-one with people of all ages for the purpose of fostering the creation of health so that each individual can optimally thrive in the community in which they live, work and spend their time will be drawn to this program.

Students in this program will also be prepared to sit for various health and wellness coaching certification exams.

What can you do with a Degree in Healthy Lifestyle Management?

The professional opportunities are abundant with a Creighton Bachelor's degree in Healthy Lifestyle Management. A few career possibilities available to graduates in this field include:

Community Health Professionals

• Community health professionals work in a variety of positions within the community to improve health and well-being by discussing health concerns with members of specific populations or communities.

• The national median salary for community health workers is $42,450 per year.

• Employment for community health workers is projected to grow 13% from 2014 to 2024, faster than the average for all occupations.

• Find out more at http://www.bls.gov/ooh/community-and-social-service/health-educators.htm

Health Educators and Health Coaches

• Provide and manage health education programs that help individuals, families and communities achieve and maintain healthy lifestyles.

• The national median salary for health educators is $50,430 per year.
Health Educators and Health Coaches, continued

• Employment for educators is projected to grow between 15 - 21% from 2012 to 2022, faster than average for all occupations
• Find out more at http://www.onetonline.org/link/summary/21-1091.00

Wellness Coordinators

• Wellness coordinators manage or coordinate wellness programs and services in employer and community settings
• The national median salary for wellness coordinators is $72,020 per year.
• Employment for wellness coordinators is projected to grow between 8 - 14% from 2012 to 2022, average for all occupations
• The 2015 Employee Benefits Report by the Society for Human Resource Management states that 70% of US employers currently offer wellness programs, and an additional 8% plan to offer one in the next 12 months.
• Find out more at http://www.onetonline.org/link/details/11-9039.02

Other Job Opportunities Include:

| Community Health Education Coordinator | Education Coordinator | Life Skills Coach |
| Community Health Outreach Worker | Fitness and Wellness Director | Public Health Educator |
| Community Health Program Coordinator | Health Promotion Specialist | Wellness Coach |
| Community Health Program Representative | Holistic Health Coach | Wellness Program Director |

Please note: Salary data represents national, averaged earnings for the occupations listed, and includes workers at all levels of education and experience. This data does not represent starting salaries. Employment settings and job opportunities in your geographic area may vary.

Degree Requirements: 128 Credit Hours

The College of Arts and Sciences Core Curriculum consists of 57 credit hours; the program major is 40 credit hours. For the remaining 37 credit hours, students may choose to pursue a minor, complete pre-health requirements, or begin taking courses that apply towards a graduate degree. Students may also pursue a 5-year program that includes both the Bachelor of Arts in Healthy Lifestyle Management and a Master's of Science in Health & Wellness Coaching.

A minor in Healthy Lifestyle Management is also available to students pursuing other majors.
Major Requirements

ALL OF THE FOLLOWING: (total 40 hours)
HLM 101 Introduction to Healthy Lifestyle Management
ANT 113 Introduction to Anthropology: Determinants of Health
PSY 201 Introductory Psychology
HLM 301 Foundations of Healthy Lifestyle Management
ANT 315 Healthcare Society and Culture
HLM 340 Healthy Eating and Whole Person Health
HLM 341 Physical Activity and Whole Person Health
PSY 352 Health Psychology
COM 361 Interpersonal Communication
HLM 450 Lifestyle Medicine
HLM 451 Health and Wellness Coaching
HLM 499 Capstone in Healthy Lifestyle Management

Plus 6 additional hours of coursework, chosen in consultation with your major advisor.

Minor Requirements

ALL OF THE FOLLOWING: (total 18 hours)
HLM 301 Foundations of Healthy Lifestyle Management
ANT 315 Healthcare Society and Culture
HLM 340 Healthy Eating and Whole Person Health
HLM 341 Physical Activity and Whole Person Health
PSY 352 Health Psychology
COM 361 Interpersonal Communication

Why Choose Creighton?

Outstanding reputation and value.
Creighton University is nationally respected for the quality and value of its education. For over thirteen consecutive years, Creighton has been ranked #1 in the Midwest region by U.S. News & World Report, and is ranked as a "best value," giving students an excellent return on their tuition investment.

Jesuit, Catholic tradition.
Creighton provides a values-centered education, preparing students to act with purpose and make a meaningful impact in their workplaces and communities. Grounded in its commitment to service, justice and caring for each student as a whole person, Creighton respects all faith traditions.

For more information or to apply online, please visit:
ADMISSIONS.CREIGHTON.EDU
Phone: (402) 280-2703 or (800) 282-5835
Email: admissions@creighton.edu
Healthy Lifestyle Management

Defined
Healthy Lifestyle Management is the study of theory and practice of whole person health. It is fostered through the beliefs and actions of the care of others and self by building relationships, refining practices springing from reflection, and appreciating the interconnectedness of all things. At Creighton, the program is interdisciplinary and combines the theory of social sciences with the application of natural sciences to promote the fullest sense of personal well-being. Students learn to work one-on-one with people of all ages and cultures with the purpose of fostering the creation of health so that each individual can optimally thrive in the community in which they live, work and spend their time.

Philosophy
The foundational philosophy of Healthy Lifestyle Management at Creighton University consists of four parts. Each part works synergistically towards the formation of the student who studies HLM.

1. Whole Person Health: Many interconnected factors affect the health of individuals and communities. The philosophy of whole person health defines health broadly and addresses health according to the uniqueness of each individual and is rooted in the Ignatian-Jesuit value of cura personalis, care for the whole person.

2. Tinkering: The philosophy of tinkering is not a quest for perfection, but rather the continual refinement of personal and relational care practices based on individual uniqueness and reflection.

3. Relational Care: Relational care is fostered through a consistent presence and engagement with another individual over a period of time. In doing so, relational care supports the individual's unique hopes, dreams and aspirations.

4. Self-Care: Self-care is a manner in which each individual possesses the knowledge, skills and values to recognize, create and care for self and others in a way that leads to the fullest sense of personal well-being. Self-care should not be linked with self-centeredness, as self-care becomes more fully developed through an understanding of the importance of the connections with others and with the community.