



SECTION FIVE HEALTH PHILOSOPHY AND PROMOTION

Health Philosophy and Promotion Department

Post-Baccalaureate Certificate in Health and Wellness Coaching
Master of Arts in Health and Wellness Coaching
Master of Science in Health Promotion
Master of Science in Yoga Therapy

Programs not currently enrolling:
Post-Baccalaureate Certificate in Ayurvedic Wellness

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POST-BACCALAUREATE CERTIFICATE IN HEALTH AND WELLNESS COACHING

Program Overview

Maryland University of Integrative Health (MUIH)'s Post-Baccalaureate Certificate in Health and Wellness Coaching is at the forefront of growing fields in health and healthcare. This ground-breaking program is designed to prepare educators, life coaches, fitness instructors, employee assistance specialists, human resource specialists, healthcare professionals, and others with a strong interest in health and wellness to practice in a multitude of settings, such as health education facilities, gyms, spas, organizations, communities, schools, physicians' offices, and private practice.

The curriculum focuses on three primary goals. The first goal is to develop a broader view of the field of health and wellness in contrast to our current disease-focused model. The second is to teach coaches to listen to the wisdom of their own bodies and to teach their clients to do the same. The third is to develop both proficiency and excellence in the skills necessary to help clients adopt attitudes and lifestyle changes most conducive to optimal health and other issues that affect health. In addition, the curriculum can prepare graduates to become credentialed by the International Coach Federation (ICF) and the International Consortium for Health & Wellness Coaching (ICHWC).

The Post-Baccalaureate Certificate provides the foundation for the 30-credit Master of Arts in Health and Wellness Coaching.

Purpose

The 15-credit Post-Baccalaureate Certificate in Health and Wellness Coaching is a comprehensive academic program designed for people who are engaged in wellness activities and committed to helping others lead more healthy lives. Graduates of this certificate program are able to work with clients to help them clarify their personal health goals, explore possible resistance to change, implement and sustain health-generating behaviors, create health-maintenance activities, and manage their progress and accountability. The coaching courses that make up this certificate program are approved by the ICF and the ICHWC. Further, this program offers students experience in working one-on-one with clients and forms the basis for building a successful practice.

Goals

The program will:

- Provide students with skills in the use of language, listening, and composure as a means to inspire and motivate clients to make health generating changes
- Enable students to demonstrate proficiency in designing and implementing personalized health and wellness plans with clients
- Enable students to demonstrate the skills necessary to inspire accountability in their clients to adhere to goals
- Enable students to demonstrate proficiency in the art of evocative and powerful questioning as a means to develop client self-awareness and effective action
- Enable students to demonstrate proficiency in active, reflective, and empathetic listening skills
- Provide students an understanding of the theories and practices that promote behavior change
- Enable students to demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles of the profession

Course of Study

Number	Course Title	Credits
APP 606	Becoming a Healing Presence	3.0
COA 610	Fundamentals of Health and Wellness Coaching	3.0
COA 616	Theories and Principles of Behavior Change	3.0
COA 620	Applied Healing Strategies	3.0
IHED 637	Principles and Practices of Health Behavior and Self-Care	1.5
ISCI 631	Introduction to Complementary and Integrative Health	1.5
MUIH 550	Academic Research and Scholarship	0.0
Total Program Credits		15.0

Program Format

The Post-Baccalaureate Certificate in Health and Wellness Coaching can be completed in 12 months and is available in online, on-campus, and hybrid formats. The online program prepares students for ICHWC credentialing. The on-campus and hybrid formats prepare students for ICHWC and ICF credentialing.

Online Format

All coursework is completed online in this format. Online courses offer flexibility for the student. The syllabus for each course will provide details about weekly lessons and include expectations, due dates for assignments, and required participation. For more information about MUIH's online format, visit www.muih.edu.

Online courses run asynchronously throughout each trimester. For trimester start and end dates, see the Academic Calendar. Because of the experiential nature of coaching, some coaching courses require synchronous assignments. Students will need to adjust their schedules to attend peer-to-peer and mentor coaching sessions.

On-Campus Format

All coursework is completed on campus in this format. On-campus courses are delivered in a weekend format to accommodate students with weekday commitments and those who can travel to attend the program.

Classes typically meet Friday evenings and all day Saturdays and Sundays. Class dates are subject to change. Please contact the Office of Graduate Admissions or visit www.muih.edu for additional class schedule details.

Hybrid Format

Coursework is completed through a combination of online and on-campus courses in this format. Students may choose the format of each course on a case-by-case basis, subject to availability. See descriptions above for details on online and on-campus formats. Contact the Office of Graduate Admissions for more information.

Admission Requirements

To be considered for admission to all graduate academic programs applicants must have a bachelor's degree from a regionally accredited institution.* In addition, applicants must submit an official transcript for the bachelor's degree and all degrees earned beyond a bachelor's degree.

Please refer to the Application Requirements section for a detailed list of required application materials.

* If the bachelor's degree was not completed at a college or university accredited by a regional accrediting body recognized by the U.S. Department of Education, copies of the institution's academic catalog and course syllabi may be requested. Please refer to the International Students section for additional information.

Health Requirements

Students may need to meet certain health requirements to participate in this program. For specific requirements, please refer to the Health, Training, and Other Requirements section of the catalog.

Additional Information Certification and Credentials

INTERNATIONAL COACH FEDERATION (ICF)

The coaching courses that make up this certificate program are approved by ICF. These courses provide Approved Coaching Specific Training Hours (ACSTH), a requirement to become credentialed by ICF. To sit for the ICF exam, students must take COA 620 Applied Healing Strategies on campus, and COA 610 Fundamentals of Health and Wellness Coaching online or on campus.

ICF is the world's largest nonprofit coaching association. Membership provides access to the most current coaching research, global networking opportunities, and accreditation and credentialing programs. ICF promotes professional coaching, raising its profile with high standards and extolling the value of the coaching process in individuals, businesses, and organizations reaching their full potential. For information about the ICF credential, contact:

International Coach Federation
2365 Harrodsburg Rd., Suite A325
Lexington, KY 40504
888-423-3131
www.coachfederation.org

INTERNATIONAL CONSORTIUM FOR HEALTH & WELLNESS COACHING (ICHWC)

The online and on-campus coaching courses that make up this certificate program are an approved transition program per the standards of the ICHWC. Graduates who have met ICHWC's requirements will qualify to sit for the national exam. MUIH is one of the first accredited programs eligible for the ICHWC option. ICHWC is dedicated specifically to health and wellness coaching. Successful completion of the ICHWC examination will result in the designation of National Board Certified Health & Wellness Coach. For information about credentialing with the ICHWC, contact:

International Consortium for Health & Wellness Coaching
PO Box 16307
San Diego, CA 92176
866-535-7929
www.ichwc.org

MASTER OF ARTS IN HEALTH AND WELLNESS COACHING

Program Overview

The Master of Arts in Health and Wellness Coaching at Maryland University of Integrative Health (MUIH) is a forerunner in one of the top careers of the decade. In this 30-credit program, students gain the skills and expertise to build a rewarding coaching practice by helping clients clarify health goals, implement and sustain life-changing behaviors, and manage progress and accountability. In addition to obtaining behavior changing coaching skills, students enhance the scope of their skills by broadening their view of the field of wellness and gaining expertise in herbal studies, integrative health practices, or nutrition.

Taught by leaders in the fields of health, wellness, and coaching, the curriculum includes evidence-based models such as Co-Active Coaching, Motivational Interviewing, Prochaska's Change Model, and Positive Psychology, as well as insights from the emerging field of brain science. While engaged in the study of theoretical models, students also gain the practical skills of building a coaching practice through working one-on-one with clients. The curriculum can prepare graduates to become credentialed by International Coach Federation (ICF) and International Consortium for Health & Wellness Coaching (ICHWC).

Purpose

The Master of Arts in Health and Wellness Coaching allows students to earn the highest academic credential currently available in the cutting edge field of health and wellness coaching. The program provides students with the advanced skills and expertise to help clients clarify and implement health goals and sustain life-changing behaviors. Further, this program offers students experience in working one-on-one with clients and forms the basis for building a successful practice. Students will develop a broader view of the health and wellness field, in contrast to a disease-focused model of care. Students will focus their interests in one of three areas of concentration—Herbal Studies, Integrative Health Practices, or Nutrition.

Goals

The program will:

- Provide students with skills in the use of language, listening, and composure as a means to inspire and motivate clients to make health generating changes
- Enable students to demonstrate proficiency in designing and implementing personalized health and wellness plans with clients
- Enable students to demonstrate the skills necessary to inspire accountability in their clients to adhere to goals

- Enable students to demonstrate proficiency in the art of evocative and powerful questioning as a means to develop client self-awareness and effective action
- Enable students to demonstrate proficiency in active, reflective, and empathetic listening skills
- Provide students an understanding of the theories and practices that promote behavior change
- Enable students to demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles of the profession
- Teach students to apply the philosophy, skills, and competencies within a selected area of concentration in wellness studies

Curriculum Overview

This 30-credit Master of Arts in Health and Wellness Coaching program begins with 15 credits of foundational courses that make up the Post-Baccalaureate Certificate in Health and Wellness Coaching plus an additional three credits for a total of 18 core coaching credits. These include a two-credit practice management course that teaches students the skills to build and sustain their own practice or business in coaching, and a one-credit capstone course that allows integration of the content in their area of concentration with their coaching skills. Students select an area of concentration in Herbal Studies, Integrative Health Practices, or Nutrition to provide the remaining 12 credits for a master's degree.

The Herbal Studies area of concentration is designed for individuals with a keen interest in herbs, wellness, and self-care. This one-of-a-kind program combines modern scientific knowledge with traditional herbal wisdom, using the cycles of nature to guide the integration of herbs into daily life. The program's emphasis on practical skills ensures that students learn to incorporate herbs into food preparation and a healthy diet, and prepare simple and useful herbal remedies.

The Integrative Health Practices area of concentration offers students an opportunity to learn about the wide range of integrative approaches that are taught at MUIH. This concentration includes courses that expose students to mindfulness, meditation, deep breathing (along with other relaxation and stress management strategies), physical activity, basic nutrition concepts, and an advanced coaching course centered on the integration of these approaches when coaching clients. This concentration allows students to develop into integrative health-focused professionals who are to be competent in determining and applying the most appropriate interventions when working with their clients.

The Nutrition area of concentration offers a unique approach to the study of nutrition that will complement a student's coaching skills, emphasizing the vital and interrelated physiological, medicinal, psychosocial, cultural, and spiritual roles of food in our lives. Students apply nutritional theory and learn to integrate nutritional knowledge into their coaching practice.

Course of Study

18 Core Credits + 12 Area of Concentration Credits

Students must complete 18 core credits and select one 12-credit area of concentration.

If applicable, dependent upon their chosen area of concentration, students will choose from available elective courses to complete the remainder of their required credits for program completion.

Core Credits

Number	Course Title	Credits
APP 606	Becoming a Healing Presence	3.0
COA 610	Fundamentals of Health and Wellness Coaching	3.0
COA 616	Theories and Principles of Behavior Change	3.0
COA 620	Applied Healing Strategies	3.0
COA 641	Seminar in Health and Wellness Coaching	1.0
IHED 637	Principles and Practices of Health Behavior and Self-Care	1.5
IHM 650	Practice Management in Coaching	2.0
ISCI 631	Introduction to Complementary and Integrative Health	1.5
MUIH 550	Academic Research and Scholarship	0.0
Total Core Credits		18.0

HERBAL STUDIES CONCENTRATION

9 Required Credits + 3 Elective Credits

Number	Course Title	Credits
HRB 600	Fundamentals of Herbal Medicine	3.0
HRB 605	Materia Medica I	3.0
HRB 622	Herbal Pharmacy: Evaluating and Manufacturing Quality Herbal Products	3.0
	Electives	3.0
Total Herbal Studies Concentration Credits		12.0

INTEGRATIVE HEALTH PRACTICES CONCENTRATION

12 Required Credits

Number	Course Title	Credits
APP 700	Mindfulness, Meditation, and Health	3.0
COA 660	Advanced Coaching with Integrative Wellness Approaches	3.0
ISCI 671	Physical Activity and Health	3.0
NUTR 602	Nutrition: Food and Balance	3.0
Total Integrative Health Practices Credits		12.0

NUTRITION CONCENTRATION

8 Required Credits + 4 Elective Credits

Number	Course Title	Credits
NUTR 601	Redefining Nutrition	1.0
NUTR 602	Nutrition: Food and Balance	3.0
NUTR 614	Human Nutrition I: Macronutrients	2.0
NUTR 672	Mindful Eating and Nourishment	2.0
	Electives	4.0
Total Nutrition Concentration Credits		12.0

Electives

Note: Electives students choose may not be the same as the required courses in their area of concentration. Elective offerings vary by trimester—check the Schedule of Courses for availability.

Number	Course Title	Credits
APP 700	Mindfulness, Meditation, and Health	3.0
HRB 600	Fundamentals of Herbal Medicine	3.0
HRB 654B	Herbal Pharmacy and Phytochemistry	3.0
HRB 705	Materia Medica II	3.0
IHED 617	Health Education Leadership, Resource Development, and Management	2.0
IHED 619	Transformative Communication Strategies	2.0
IHED 620	Foundations of Health Behavior & Health Education	2.0
IHED 626	Health Education Needs Assessment and Program Planning	3.0
ISCI 547A	Physiology I: Healthy Function	3.0
ISCI 630A	Survey of Complementary Health Approaches	3.0
ISCI 667	Science of Addiction	3.0
ISCI 671	Physical Activity and Health	3.0
ISCI 701	Intro Statistics, Research Design & Info Literacy in Integrative Health	3.0
NUTR 601	Redefining Nutrition	1.0
NUTR 602	Nutrition: Food and Balance	3.0
NUTR 614	Macronutrients I	2.0
NUTR 634	Diabetes Education: An Integrative Approach	1.0
NUTR 662	Energetics of Food	1.0
NUTR 663	Sports Nutrition	1.0
NUTR 664	Food Systems and Policy	2.0
NUTR 665	The Dynamics of Food and Healing	1.0
NUTR 668	Culinary Herbs in the Kitchen and Beyond	1.0
NUTR 671	Food and Culture	1.0
NUTR 672	Mindful Eating & Nourishment	2.0
NUTR 675	Chinese Nutrition Therapy	2.0
NUTR 681	Cooking with Whole Foods Lab I	0.5
NUTR 682	Cooking with Whole Foods Lab II	0.5
NUTR 683	Cooking with Whole Foods Lab III	0.5
NUTR 684	Cooking with Whole Foods Lab IV	0.5
Total Program Credits		30.0

Admission Requirements

To be considered for admission to all graduate academic programs applicants must have a bachelor's degree from a regionally accredited institution.* In addition, applicants must submit an official transcript for the bachelor's degree and all degrees earned beyond a bachelor's degree.

Please refer to the Application Requirements section for a detailed list of required application materials.

* If the bachelor's degree was not completed at a college or university accredited by a regional accrediting body recognized by the U.S. Department of Education, copies of the institution's academic catalog and course syllabi may be requested. Please refer to the International Students section for additional information.

Health Requirements

Students may need to meet certain health requirements to participate in this program. For specific requirements, please refer to the Health, Training, and Other Requirements section of the catalog.

Articulation Agreement

Institute for Integrative Nutrition (IIN)

According to an Articulation Agreement with IIN and as approved by the Maryland Higher Education Commission, graduates of the Institute for Integrative Nutrition who hold a bachelor's degree will be exempt from the following six credits in our Master of Arts in Health and Wellness Coaching with an area of concentration in Nutrition:

Number	Course Title	Credits
COA 610	Fundamentals of Health and Wellness Coaching	3.0
NUTR 601	Redefining Nutrition	1.0
NUTR 672	Mindful Eating and Nourishment	2.0

Candidates for this exemption must indicate graduation from the IIN program on their application for admission to MUIH.

Program Format

The Master of Arts in Health and Wellness Coaching is usually completed in two years (six trimesters) and is delivered in three flexible formats to accommodate a variety of students' schedules: online, on campus, and hybrid. In consultation with their academic advisor, students may pursue a shorter or longer scheduling option. The online program prepares students for ICHWC credentialing. The on-campus and hybrid formats prepare students for ICHWC and ICF.

Format options vary by area of concentration:

- Herbal Studies Concentration: Online and Hybrid
- Integrative Health Practices Concentration: Online and Hybrid
- Nutrition Concentration: Online, On Campus, and Hybrid

See the latest list of Program Start Dates to determine availability of your preferred format, available online at www.muih.edu in the Admissions section.

Online Format

All coursework is completed online in this format. Online courses offer flexibility for the student. The syllabus for each course will provide details about weekly lessons and include expectations, due dates for assignments, and required participation. For more information about MUIH's online format, visit www.muih.edu.

Online courses run asynchronously throughout each trimester. For trimester start and end dates, see the Academic Calendar. Several coaching courses require synchronous (live) assignments that are required by ICF and ICHWC.

On-Campus Format

All coursework is completed on campus in this format. On-campus courses are delivered in a weekend format to accommodate students with weekday commitments and those who can travel to attend the program. Only the Master of Arts in Health and Wellness Coaching with area of concentration in Nutrition may be completed entirely in this format.

Classes meet Friday evenings and all day Saturdays and Sundays. Class dates are subject to change. Please contact the Office of Graduate Admissions or visit www.muih.edu for additional class schedule details.

Hybrid Format

Coursework is completed through a combination of online and on-campus courses in this format. Students may choose to take courses in the core coaching curriculum either online or on campus, subject to availability. Students choosing an area of concentration in Herbal Studies or Integrative Health Practices will complete the remainder of their courses online. Students choosing an area of concentration in Nutrition may complete the remainder of their courses either online or on campus.

See On-Campus Format and Online Format above for additional details on each format.

Additional Information

Certification and Credentials

INTERNATIONAL COACH FEDERATION (ICF)

The coaching courses that make up this certificate program are approved by ICF. These courses provide Approved Coaching Specific Training Hours (ACSTH), a requirement to become credentialed by ICF. To sit for the ICF exam, students must take COA 620 Applied Healing Strategies on campus, and COA 610 Fundamentals of Health and Wellness Coaching online or on campus. ICF is the world's largest nonprofit coaching association. Membership provides access to the most current coaching research, global networking opportunities, and accreditation and credentialing programs. ICF promotes professional coaching, raising its profile with high standards and extolling the value of the coaching process in individuals, businesses and organizations reaching their full potential. For information about credentialing with the ICF, contact:

International Coach Federation

2365 Harrodsburg Rd, Suite A325
Lexington, KY 40504
888-423-3131
www.coachfederation.org

INTERNATIONAL CONSORTIUM FOR HEALTH & WELLNESS COACHING (ICHWC)

The online and on-campus coaching courses that make up this certificate program are an approved transition program per the standards of the ICHWC. Graduates who have met ICHWC's requirements will qualify to sit for the national exam. MUIH is one of the first accredited programs eligible for the ICHWC option. ICHWC is dedicated specifically to health and wellness coaching. Successful completion of the ICHWC examination will result in the designation of National Board Certified Health & Wellness Coach. For information about pursuing credentials with the ICHWC, contact:

International Consortium for Health & Wellness Coaching

PO Box 16307
San Diego, CA 92176
866-535-7929
www.ichwc.org

MASTER OF SCIENCE IN HEALTH PROMOTION

Program Overview

The Master of Science in Health Promotion prepares students to be leaders in the rapidly emerging market for health and wellness, enabling them to play a vital role in the national transformation from disease-focused health care to a wellness-based model focused on prevention and education.

This unique and innovative program will prepare students with a deep understanding of the theoretical and practical applications of health promotion, health education, and integrative health. Students gain the knowledge and understanding to articulate the mechanisms between psychological, social, and environmental factors to formulate approaches to whole person health and healing, whether in a community or workplace setting.

The program also offers two areas of concentration: Community Health Education and Workplace Wellness. Both areas of concentration will teach students how to create sustainable behavior changes in order to powerfully impact individuals or organizations to make positive lifestyle choices.

Purpose

The Master of Science in Health Promotion prepares graduates with specific competencies and skills to develop and implement programmatic integrative health solutions targeting current healthcare issues facing individuals, both in the workplace and within the wider community. The nation's interest in integrative health has been increasing, and there is a growing consensus that health professionals must focus on factors that actively promote health in a more global or holistic sense, which is in stark contrast to medicine's primary focus on treating disease. MUIH's Master of Science in Health Promotion graduates will be uniquely positioned as resources in these integrative disciplines to be part of the healthcare solution in our state and nation.

Goals

Students who complete the Master of Science in Health Promotion with area of concentration in Community Health Education will:

- Have the skills to effectively educate communities to initiate and maintain behavioral changes that support health and wellness and will be able to:
 - Articulate integrative health modalities and wellness practices from a scientific perspective
 - Engage in personal transformation by embodying the practices learned in the program and by interacting with their community of committed teachers and learners
 - Demonstrate the role played by health education specialists as it relates to culturally appropriate guidelines and cultural competency in integrative health strategies for specific populations
 - Assess population needs relevant to community integrative health education program design
 - Design and plan community integrative health education programs
 - Implement community integrative health education programs
 - Evaluate community integrative health educational programs and participate in research related to community health education
- Have the skills to administer and manage community integrative health education programs
- Have an evidence-based understanding of health and wellness that integrates traditional, complementary, and conventional medicine, as well as self-care practices and be able to:
 - Articulate the interrelationship between psychological, social, and biological processes
 - Evaluate the evidence base for integrative health and wellness approaches for communities
 - Evaluate the role played by cultural, social, and ecological environments on community health and wellness
 - Evaluate the relationships with the social determinants of health that support or hinder community health and wellness
- Have the skills to succeed professionally as a health education specialist and contribute to the overall field of health education:
 - Be qualified and prepared to sit for the Certified Health Education Specialist (CHES) exam
 - Be able to articulate the various roles played in related careers by health promotion and health education specialists, and how the competencies and broader skills function in a variety of career settings to advance the field of health promotion

- Have the skills to be a life-long learner, apply critical thinking skills to the expanding evidence base, and continue to develop health and information literacy
- Be able to apply a variety of integrative modalities to community health education interventions, such as physical activity/movement, mindfulness, meditation, and holistic nutrition

Students who complete the Master of Science in Health Promotion with area of concentration in Workplace Wellness will:

- Have the skills to effectively educate employees to initiate and maintain behavioral changes that support health and wellness and be able to:
 - Articulate integrative health modalities and wellness practices from a scientific perspective
 - Engage in personal transformation by embodying the practices learned in the program and by interacting with their community of committed teachers and learners
 - Demonstrate the role played by health education specialists as it relates to culturally appropriate' guidelines and cultural competency in integrative health strategies for specific populations
 - Assess population needs relevant to workplace wellness program design
 - Design and plan workplace wellness programs
 - Implement workplace wellness programs from an evidence base of best practices
 - Evaluate workplace wellness programs and speak the business language of the business of workplace wellness with various levels of employees and organizational leadership
 - Have the skills to administer and manage workplace wellness programs
- Have an evidence-based understanding of employee health and wellness that integrates traditional, complementary and conventional medicine, as well as self-care practices and be able to:
 - Articulate the inter-relationship between psychological, social, and biological processes
 - Evaluate the evidence base for integrative health and wellness approaches in workplace wellness
 - Evaluate the role played by cultural, social and ecological environments on employee health and wellness
 - Evaluate the relationships between environmental and genetic factors that support or hinder employee health and wellness
- Have the skills to succeed professionally as a workplace wellness professional and contribute to the overall field of workplace wellness:
 - Be qualified and prepared to sit for the Certified Health Education Specialist (CHES) exam

- Articulate the various roles played in related careers by workplace wellness professionals
- Have the skills to be a life-long learner, apply critical thinking skills to the expanding evidence base, and continue to develop health and information literacy
- Apply a variety of integrative modalities to workplace wellness interventions, such as physical activity/movement, mindfulness, meditation, and holistic nutrition

Course of Study

Students will complete 20 core credits in Health Promotion and an additional 13 or 14 credits depending on chosen area of concentration.

Core Credits

Number	Course Title	Credits
IHED 617	Health Education Leadership, Resource Development, and Management	2.0
IHED 619	Transformative Communication Strategies	2.0
IHED 620	Foundations of Health Behavior and Health Education	2.0
IHED 623	Health Education Program Evaluation	2.0
IHED 625	Research Methods in Health Education: Quantitative and Qualitative	3.0
IHED 626	Health Education Needs Assessment and Program Planning	3.0
IHED 631	Topics in Diversity for Health and Healing	3.0
ISCI 630A	Survey of Complementary Health Approaches	3.0
MUIH 550	Academic Research and Scholarship	0.0
Total Core Credits		20.0

COMMUNITY HEALTH EDUCATION CONCENTRATION

13 Required Credits

Number	Course Title	Credits
APP 700	Mindfulness, Meditation, and Health	3.0
IHED 612	Internship	2.0
IHED 629	Implementation of Community Health Education Programs	2.0
ISCI 671	Physical Activity and Health	3.0
NUTR 602	Nutrition: Food and Balance	3.0

Total Community Health Education Concentration Credits 13.0

Total Program Credits with Community Health Education Concentration 33.0

WORKPLACE WELLNESS CONCENTRATION

14 Required Credits

Number	Course Title	Credits
APP 700	Mindfulness, Meditation, and Health	3.0
IHED 612	Internship	2.0
IHED 640	Best Practices in Workplace Wellness	1.5
IHED 675	The Business of Workplace Wellness	1.5
ISCI 671	Physical Activity and Health	3.0
NUTR 602	Nutrition: Food and Balance	3.0
Total Workplace Wellness Concentration Credits		14.0
Total Program Credits with Workplace Wellness Concentration		34.0

Admission Requirements

To be considered for admission to all graduate academic programs applicants must have a bachelor's degree from a regionally accredited institution.* In addition, applicants must submit an official transcript for the bachelor's degree and all degrees earned beyond a bachelor's degree.

Please refer to the Application Requirements section for a detailed list of required application materials.

* If the bachelor's degree was not completed at a college or university accredited by a regional accrediting body recognized by the U.S. Department of Education, copies of the institution's academic catalog and course syllabi may be requested. Please refer to the International Students section for additional information.

Health Requirements

Students may need to meet certain health requirements to participate in this program. For specific requirements, please refer to the Health, Training, and Other Requirements section of the catalog.

Program Format

The Master of Science in Health Promotion is designed to be completed in about two years (five trimesters) of concentrated study in an online format, although longer plans of study are available.

Online Format

All coursework is completed online in this format. Online courses offer flexibility for the student. The syllabus for each course will provide details about weekly lessons and include expectations, due dates for assignments, and required participation. For more information about MUIH's online format, visit www.muhih.edu.

Online courses run asynchronously throughout each trimester. For trimester start and end dates, see the Academic Calendar.

Additional Information

Certification and Credentials

Graduates of the Master of Science in Health Promotion will meet the eligibility requirements to take the Certified Health Education Specialist (CHES) exam. For more information about the CHES exam, contact:

National Commission for Health Education Credentialing

1541 Alta Drive, Suite 303

Whitehall, PA 18052

(484) 223-0770

www.nchec.org

MASTER OF SCIENCE IN YOGA THERAPY

Program Overview

Maryland University of Integrative Health's Master of Science in Yoga Therapy is the country's first master's degree in yoga therapy. In this 39.5-credit program, students gain a comprehensive foundation in the theory and practice of traditional yogic teachings, as well as modern research perspectives. The curriculum is anchored in a relationship-centered philosophy, honoring a wide range of yoga traditions, and acknowledging the complex interrelationship between body, mind, and spirit. Students gain the practical skills of building a yoga therapy practice through a faculty-supervised practicum and graduate with the knowledge and skills to design tailored, evidence-informed programs for individuals and groups.

Purpose

The Master of Science in Yoga Therapy is designed to graduate future leaders in the field of yoga therapy. The curriculum incorporates extensive training in both traditional yogic practices and current yoga research to honor the roots of the field while advancing its integration into modern health care. Ultimately, the program advocates for yoga therapy as a dynamic and vital approach to whole-person care.

Goals

Students who complete the program will have the:

- Knowledge of classical and theoretical foundations of the field of yoga therapy
- Knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of yoga therapy
- Ability to apply knowledge learned in this curriculum and in previous yoga teacher trainings to assess the needs of clients, to design and implement effective programs, and to assess the effectiveness of these programs
- Ability to effectively use yoga as a therapeutic modality through the integration of diverse approaches to this field
- Knowledge and ability to use professional conduct during the practice of yoga therapy
- Ability to use relationship-based approaches to catalyze positive change or transformation with clients
- Critical thinking skills and science-based literacy to advance the evolution of yoga therapy as an integrative health practice

Course of Study

Number	Course Title	Credits
IHM 662	Professional Practices for Yoga Therapy Practitioners I	1.0
IHM 663	Professional Practices for Yoga Therapy Practitioners II	1.0
ISCI 613	Mental Health and Mind Body Science	3.0
ISCI 643	Anatomy and Kinesiology	2.5
ISCI 644	Physiology and Pathology: The Internal Organs	3.0
ISCI 651	Structural Pathology in Integrative Health	3.0
MUIH 550	Academic Research and Scholarship	0.0
YOGA 611	Theoretical Foundations for Yoga Therapy	2.0
YOGA 612	Health and Disease: Yogic Perspectives and Practices	3.0
YOGA 613	Theoretical Foundations for Using Yoga to Support the Mind and Spirit	3.0
YOGA 615	Breath and Health	1.0
YOGA 634	Therapeutic Relationship and Client Education I	1.5
YOGA 635	Therapeutic Relationship and Client Education II	3.0
YOGA 640	Yoga Therapy: Principles and Practices	2.0
YOGA 642	Yoga Therapy: Principles and Practice II	2.0
YOGA 643	Yoga Therapy: Principles and Practice III	2.0
YOGA 644	Mentored Yoga Therapy Student Clinic I	1.5
YOGA 645	Mentored Yoga Therapy Student Clinic II	1.5
YOGA 646	Mentored Yoga Therapy Student Clinic III	2.0
YOGA 648	Clinical Case Reporting	1.5
YOGA 6EX1	Comprehensive First Year Exam	0.0
Total Program Credits		39.5

Admission Requirements

To be considered for admission to all graduate academic programs applicants must have a bachelor's degree from a regionally accredited institution.* Applicants must submit an official transcript from all post-secondary institutions attended.

Please refer to the Application Requirements section for a detailed list of required application materials.

* If the bachelor's degree was not completed at a college or university accredited by a regional accrediting body, or recognized by the U.S. Department of Education, copies of the institution's academic catalog and course syllabi may be requested. Please refer to the International Students section for additional information.

Additional Requirements

Applicants must have earned a minimum of 200-hour teacher training, such as a Yoga Alliance 200-hour registered school program or its equivalent, as well as one year of documented personal practice and one year of document teaching experience after the completion date of the 200-hour teacher training.

Health Requirements

Students must meet certain health requirements to participate in the clinical phase of this program. For specific requirements, please refer to the Health, Training, and Other Requirements section of this catalog.

Program Format

The Master of Science in Yoga Therapy is designed to be completed on campus in two years of concentrated study. The schedule is designed to accommodate working professionals and includes 15 weekends per year, typically scheduled Friday evenings and all day Saturdays and Sundays. The format may vary during the clinical phase.

Additional Information Certification and Licensure

INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS
MUIH's Master of Science in Yoga Therapy is accredited by the International Association of Yoga Therapists (IAYT). Upon completion of the Master of Science in Yoga Therapy program, graduates will be eligible to apply for the International Association of Yoga Therapist (C-IAYT) credential.

IAYT supports research and education in yoga and serves as a professional organization for yoga teachers and yoga therapists worldwide. The mission of IAYT is to establish yoga as a recognized and respected therapy. In July 2012, IAYT adopted the Educational Standards for the Training of Yoga Therapists.

International Association of Yoga Therapists

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