Passionate About Health? Promote It.

Our **Master of Science in Health Promotion** will prepare you to be a leader in the flourishing field of health and wellness, while enabling you to follow your passion and play a vital role in the national shift toward prevention, education, and wellness.

This innovative program provides a comprehensive foundation in health sciences, as well as the theoretical and practical applications of integrative health. You will gain the knowledge and understanding to articulate the mechanisms between physiological, psychological, social, and environmental factors to formulate approaches to whole person healing. One of the most unique aspects of the program is the opportunity to focus on one of two areas of concentration: health education or health coaching.

Ultimately, you will have the ability to powerfully impact individuals and organizations to make positive lifestyle choices and create sustainable behavioral changes.

**Program Highlights**

- **Distinctive science coursework:** Provides a highly relevant scientific foundation and a comprehensive understanding of health that includes a variety of health practices. Your coursework integrates traditional, complementary, and conventional medicine, as well as self-care practices.
- **Expert faculty:** Instructors are leaders in the fields of health education, coaching, and integrative health.
- **Areas of concentration:** Move your studies and future career toward health education or health coaching.
- **Flexibility:** Delivered in a weekend format to accommodate working professionals and those who travel to attend the program.
- **No GREs:** We believe people achieve in many ways and do not require standardized tests for admission.
- **Affordability:** Eligible for federal financial aid.

*pending Maryland Higher Education Commission recommendation*
Program Format
In addition to a comprehensive core curriculum in science and integrative health, you will choose one of two areas of academic concentration.

Concentration in Health Education
If you see yourself working with groups within organizations and communities, assessing their health challenges and needs, and then creating and evaluating programs and interventions, this concentration is for you. Health educators often give public presentations, write on health topics, facilitate groups, and serve as faculty in higher education. Health educators may also specialize in working with youth or the elderly, or focus their work on specific chronic diseases. As a graduate of this program, you will meet the eligibility requirement to take the Certified Health Education Specialist (CHES) exam. If you choose this concentration, your full master’s degree will consist of 40 credits.

Concentration in Health Coaching
This concentration will provide you with the knowledge and skills to partner with individuals on a one-on-one basis to help identify their health and wellness goals, uncover their ambiguities to change, and design meaningful and effective action steps to help them develop healthy, life-changing behaviors. Health coaches also work in private practice, integrative health care practices, fitness centers, and corporate wellness programs. Our coaching courses are approved by the International Coach Federation (ICF) as 200-hour Approved Coach Specific Training (ACSTH) programs and can lead to ICF coach certification. If you choose this concentration, your full master’s degree will consist of 30 credits.

Academic Director
Cheryl Walker, M.L., MCC

Professional Opportunities
Graduates of this program will be prepared to build a career as:
- Community health educators
- Health and wellness coaches, private and group practice
- Health educators or coaches at government agencies, insurance companies, and nonprofit organizations
- Health educators or coaches in medical settings and fitness centers
- Health communications experts
- Policy makers
- Health advocates
- Researchers and program evaluators
- Faculty at universities and colleges
- Writers, editors, and publishers of books and articles

Admission Requirements
To be considered for admission to all graduate academic programs, including master’s degree and graduate certificate 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.

For More Information
Detailed course descriptions, faculty bios, admissions process, tuition, and more program information are available online at www.muih.edu. You can also find the complete Academic Catalog at www.muih.edu/catalog.

For admission questions and to visit the campus, please contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@muih.edu.

For financial aid and scholarship details, contact the Office of Financial Aid at 410-888-9048 ext. 6628, financialaid@muih.edu, or visit www.muih.edu.