

# Master of Science in Health Promotion

## 2 YEAR PLAN OF STUDY

Entering Class Fall 2025

This Plan of Study shows the sequence and schedule of courses in your program which are designed to optimize your learning opportunities and experiences, and to ensure timely completion of your program, and achievement of your professional and personal goals.

Students are expected to follow this Plan of Study. Failure to follow this plan may result in significant delays in completing your program, including limited course availability in some trimesters that could delay your progress and/or impact your financial aid eligibility.

If you are unable to follow this Plan of Study due to extenuating circumstances, it is your responsibility to immediately contact your Academic Advisor, who will guide you through the full impact of deviating from this plan and discuss the extent to which options exist for a modified Plan of Study. In this case, you are also responsible for verifying your remaining requirements, prerequisites and when courses will be offered.

Spring (January)	Summer (April/May)	Fall (September)
		<b>1st Semester - 2025</b> IHED-610 Fundamentals of Health Education and Health Behavior 3 IHED-631 Topics in Diversity for Health and Healing 3 RSCH-550 Academic Research and Scholarship 0 INHS-500 Student Success Seminar 0  Semester credits 6 Total credits 6
<b>2nd Semester - 2026</b> IHED-623* Health Education Program Evaluation 2 IHED-626* Health Education Needs Assessment and Program Planning 3  Semester credits 5 Total credits 11	<b>3rd Semester - 2026</b> IHED-621 Communication Strategies in Health Education 3 IHED-625 Research Methods in Health Education: Quantitative and Qualitative 3  Semester credits 6 Total credits 17	<b>4th Semester - 2026</b> ISCI-630A Survey of Complementary Health Approaches 3 Elective 3  Semester credits 6 Total credits 23
<b>5th Semester - 2027</b> IHED-642* Health Education Program Implementation 3 Elective 3  Semester credits 6 Total credits 29	<b>6th Semester- 2027</b> IHED-615 Health Education Administration, Management and Resource Development 3 IHED-641* Health Promotion Capstone 3  Semester credits 6 Total credits 35	

\* Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

**Credits Required for Completion: 35**

**Online**

Master of Science in Health Promotion Curriculum

Entering Class Fall 2025

Can be completed in six semesters

Name \_\_\_\_\_  
ID# \_\_\_\_\_

Core Curriculum						35 cr
Health Promotion			26 cr	Integrative Sciences		3 cr
IHED-631	Topics in Diversity for Health & Healing	3 cr		ISCI-630A	Survey of Complementary Health Approaches	3 cr
IHED-610	Fundamentals of Health Education and Health Behavior	3 cr		Electives		6 cr
IHED-621	Communication Strategies for Health Education	3 cr		APP-606	Becoming a Healing Presence	3 cr
IHED-625	Research Methods in Health Education: Qualitative and Quantitative	3 cr		APP-700	Mindfulness, Meditation, and Health	3 cr
IHED-626*	Health Education Needs Assessment and Program Planning	3 cr		HRB-600	Fundamentals of Herbal Medicine	3 cr
IHED-623*	Health Educaton Evaluation	2 cr		IHED-777	Health Care Systems: From Macro to Micro	3 cr
IHED-642	Health Program Implementation	3 cr		ISCI-671	Physical Activity and Health	3 cr
IHED-615	Health Education Administration, Management and Resource Development	3 cr		INHS-620	Integrative Care Models	3 cr
IHED-641*	Health Promotion Captstone	3 cr		NUTR-672	Mindful Eating and Nourishment	2 cr
IHED-642*	Health Education Program Implementation	3 cr		NUTR-601	Redefining Nutrition	1 cr
				NUTR-671	Food and Culture	1 cr
				NUTR-668	Culinary Herbs in the Kitchen and Beyond	1 cr
				AYUR-630	Foundations of Ayurveda	3 cr
				AYUR-631	Ayurveda and the Mind	3 cr
				Non Academic Requirements		0 cr
				INHS-500	Student Success Seminar	0 cr
				RSCH-550	Academic Research and Scholarship	0 cr

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Credits Required for Completion: 35