2026-27 Academic Year

HUMAN PERFORMANCE AND WELLNESS MANAGEMENT

Master of Science in Organizational Management (MSOM)

The world of physical activity includes everything from the athlete trying to maximize performance to the sedentary individual just starting to move. Many professions revolve around all the different aspects of physical activity. Regardless of who you work with, the online master's in Human Performance and Wellness Management is designed to help you transition to the next level in your career. The program focuses on essential areas of management while also providing more in-depth study within human performance and wellness. If you are interested in moving into management, advancing in your career, or starting a business, this graduate program can help make that step. This health and wellness master's degree program can also prepare you for the NSCA's Certified Strength and Conditioning Specialist, Certified Personal Trainer, and Certified Special Populations Specialist certifications.

fast facts

No entrance exams required

Credit hours: 36 (two years full time)

Cost per credit hour: $427.45 *($261.90 tuition + $165.55 fees)*

Degree offered: Master of Science in Organizational Management (MSOM)/Human Performance and Wellness Management

Delivery method: Online

Department: Health, Human Performance, and Sport

School: Science, Health, and Criminal Justice

focus on results

Skills Learned

- Management skills specific to the field
- Ethical and professional leadership
- Evidence-based practice
- Safe application of exercise programs
- Training program design for diverse populations
- Exercise physiology applications
- Advanced nutrition for health and performance
- Strength and conditioning program design
- Performance optimization strategies

Possible Careers

- Strength and conditioning coach
- Sports performance specialist
- Athletic performance manager
- Fitness program director
- Wellness program manager
- Corporate wellness director
- Fitness entrepreneur
- Fitness facility operations manager

Types of Employers

- Fitness and wellness facilities
- Sports performance and athletic training centers
- Corporate wellness and employee health programs
- College athletic departments
- Health and wellness clinics
- Sports medicine centers
- Professional sports teams

recognized for excellence

Wayne State College's Human Performance and Wellness Management master's degree is offered fully online as part of its nationally recognized graduate programs, combining affordability, flexibility, and leadership-focused curriculum for industry professionals.

Best Online Master's in Organizational Management
WSC was recognized among the Best Online Master's in Organizational Management Programs for 2026 by My Degree Guide.

Most Affordable Online Master's Degrees in the U.S.
Wayne State College was ranked among the Top 10 most affordable online master's degree programs in the nation by *Intelligent.com* for 2025.

Program courses

2026-27 Academic Year

The following courses are required for the program of study described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for registering and taking these courses, please consult the current academic catalog and your advisor.

MSOM core courses (18 hours)

PED 622 Stats Applications/Data Analysis 3

Select one of the following 3
- CNA 665 Research Design: Qualitative, Quantitative, and Mixed Methods Approaches (3)
- EDU 603 Introduction to Educational Research and Design (3)
- PED 650 Research Design (3)

Leadership

Students who would like a leadership emphasis in their program of study may, with permission from their advisor, take two leadership courses as part of their 12 hours. The second course would be substituted for a course in one of the other three areas.

Select one of the following 3
- BUS 627 Ethics in Leadership (3)
- BUS 665 Leadership Seminar (3)
- CNA 661 Research in Leadership (3)
- PED 653 Organizational Leadership in Sport (3)

Communication

Select one of the following 3
- BUS 620 Executive Communications (3)
- CNA 675 Legal Topics in Media and Communication (3)

Organizational behavior

Select one of the following 3
- BUS 690 Seminar in Organizational Dynamics (3)
- CNA 648 Advanced Organizational Communication (3)

Conflict management and organizational psychology

Select one of the following 3
- BUS 628 Dispute Resolution Management (3)
- CNA 617 Topics in Argumentation and Persuasion (3)
- PSY 535 Industrial/Organizational Psychology (3)

Human Performance and Wellness Management focus area (18 hours)

PED 617 Management in Human Performance and Wellness 3
Thesis, scholarly project, or internship 6
PED 694 Focus Area Exit Benchmark 0

Select three of the following 9
- PED 607 Exercise and Nutrition (3)
- PED 614 Advanced Exercise Physiology (3)
- PED 627 Training Special Populations (3)
- PED 657 Advanced Strength and Conditioning (3)
- PED 660 Periodization in Strength and Conditioning (3)
- PED 682 Optimizing Athletic Performance (3)

questions? contact:

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