ENOCH ASCENSION CHRISTIAN UNIVERSITY · DEGREE COMPLETION PLAN

Master of Arts in Biblical Holistic Health

Catalog Year 2026–2027 · 100% Online · *We don't teach what to think. We awaken truth and walk in love.*

36	12	3	VARK
TOTAL CREDITS	COURSES	CREDITS PER COURSE	FOUR WAYS TO LEARN

Program Overview

The Master of Arts in Biblical Holistic Health prepares leaders to design wellness programs and coach behavior change, integrating Scripture, ancient healing traditions, and modern research.

How EACU Is Different

Students study the whole person, body, soul, and spirit, through Scripture, ancient wisdom, and modern research. Every claim is weighed from every side, so students learn to separate what the text states and what research supports from what tradition or trend assumes.

At the graduate level, students weigh the biblical text, ancient witnesses, research, and later interpretation side by side, then build and defend their own position with scholarly rigor while remaining grounded in the foundation of truth.

> **Required in every EACU degree:** Biblical Interpretation (Rightly Dividing the Word), Biblical Finance and Stewardship, and Biblical Mindset and Mental Health. Every course is built with visual, auditory, reading and writing, and hands-on learning.

Please note: This degree prepares students for health education and wellness ministry. It is not medical training and does not lead to licensure or professional certification in any health profession.

Program Outcomes

1. Integrate Scripture and research in wellness practice.
2. Evaluate healing traditions with discernment.
3. Design and assess wellness programs.
4. Coach sustainable behavior change.
5. Complete and defend graduate-level research or an applied project.

Where This Degree Can Lead

- Wellness program director
- Health coach
- Faith-based health educator
- Author and speaker on holistic health

Admission

A completed bachelor's degree. See Admissions for full requirements.

Career paths above are examples only; EACU does not provide job placement or promise employment (Handbook Section 12).

M.A. in Biblical Holistic Health

Degree Completion Plan · Student: _____

EACU Required Core — 12 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	EACU 500	Graduate Orientation and Research	3	
☐	BIBL 501	Biblical Interpretation III: Advanced Rightly Dividing the Word	3	
☐	FINC 501	Biblical Finance and Stewardship II	3	
☐	MHLT 501	Biblical Mindset and Mental Health II	3	

Bible Core — 6 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	BIBL 510	The Old Testament in Its Ancient Near Eastern and Second Temple Context	3	
☐	BIBL 520	The New Testament in Its Second Temple and Greco-Roman Context	3	

Major: Biblical Holistic Health — 15 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	HLTH 610	Integrative Wellness and Scripture	3	
☐	HLTH 620	Healing Traditions: Scripture, Ancient Texts, and Modern Research	3	
☐	HLTH 630	Wellness Program Design	3	
☐	HLTH 640	Health Coaching and Behavior Change	3	
☐	HLTH 650	Ethics and Scope of Practice in Holistic Health	3	

Capstone — 3 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	HLTH 690	Master's Thesis or Applied Project	3	

Students complete either a research thesis or an applied project, such as a program, curriculum, or book manuscript, and defend it before faculty. With advisor approval, one major course may be replaced by a course from the EACU Approved Elective List.

Credit Summary

EACU Required Core	12
Bible Core	6
Major	15
Capstone	3
Total Required	**36**

Suggested Sequence

Term 1
Graduate Orientation, Advanced Rightly Dividing the Word

Term 2
Bible Core, Finance II, Mental Health II

Term 3
Major courses

Term 4
Remaining major courses and Capstone