



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

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
☐ 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