Associate in Applied Science (AAS)  
Program Code: 10-546-2  
Total Credits: 60

Mid-State’s Health & Wellness Promotion graduates possess a strong foundation in health and wellness concepts across the lifespan. They have the knowledge and skills needed to develop and implement health and wellness promotion activities that seek to maximize quality of life and reduce or prevent illness and injury. The program will prepare you to support individuals, organizations, and communities with health and wellness initiatives. You will also learn to design, develop, and promote wellness programs and initiatives through a variety of educational campaigns, promotion concepts, and modification interventions. Mid-State is the only college in the Wisconsin Technical College System to offer this primarily online program.

Salary information: mstc.edu/programsalaries  
Estimated tuition and fees: mstc.edu/programcosts

CHECKLIST:  
This section will be completed when meeting with your academic advisor.

- FAFSA (www.fafsa.gov)  
- Financial Aid Form(s)  
  Form(s): __________________________
- Follow-Up Appointment:  
  Where: ____________________________  
  When: ____________________________  
  With: ____________________________
- Official Transcripts  
  Mid-State Technical College  
  Attention CPL Coordinator  
  500 32nd Street North  
  Wisconsin Rapids, WI 54494
- Criminal Background Statement of Understanding and Release of Information Form
- Other: ____________________________
  ____________________________

ACADEMIC ADVISORS  
To schedule an appointment with your academic advisor, call 715.422.5300.

Tanya Kollross, MS  
Marshfield Campus • tanya.kollross@mstc.edu

Yer Lee, MS  
Stevens Point Campus • yer.lee@mstc.edu

Betsy Leonard, MBA  
Wisconsin Rapids Campus • betsy.leonard@mstc.edu
EARN A BACHELOR’S DEGREE

UW-Stevens Point
BS in Family and Consumer Sciences

UW-Stout
BS Human Development & Family Studies

For more information and additional opportunities, visit mstc.edu/transfer.

HEALTH & WELLNESS PROMOTION
ASSOCIATE IN APPLIED SCIENCE
60 CREDITS

CAREER OPTIONS
Community Health Advocate
Health Promotion Coordinator
Wellness Coach

HIGH SCHOOL STUDENT

COLLEGE TRANSFER

RETURNING ADULT

College Credit • Dual Credit • Military Experience • Work Experience
Learn about Credit for Prior Learning at mstc.edu/cpl.

BEGIN AT ANY POINT IN THE PATHWAY

OTHER OPTIONS

RELATED PROGRAMS
• Central Service Technician
• Health Information Management
• Medical Assistant
• Medical Coder
• Nursing
• Nursing Assistant
• Pharmacy Technician
• Pharmacy Services Management
• Phlebotomy Technician
• Respiratory Therapist
• Surgical Technologist
PROGRAM OUTCOMES
Employers will expect you, as a Health & Wellness Promotion graduate, to be able to:
• Provide evidence-based health and wellness direction to individuals and organizations.
• Design, develop, and implement health and wellness promotion activities and campaigns.
• Champion behavior modification interventions to promote sustainable health and wellness.
• Support the maintenance of health and wellness promotion for individuals and organizations.

ADDITIONAL ENTRY CRITERIA
To apply to the Health & Wellness Promotion program, please submit the following documents to Mid-State Admissions:
• Criminal Background Statement of Understanding and Release of Information form

Mid-State Technical College • Admissions
500 32nd Street North
Wisconsin Rapids, WI 54494

FUNCTIONAL ABILITIES
A list of specific physical, emotional, and mental tasks needed to function as a Health and Wellness Promotion graduate is available at mstc.edu/programs/health-wellness-promotion. Contact the disability services coordinator in the Student Services & Information Center to receive assistance.

PRACTICUM-RELATED REQUIREMENTS
Prior to placement at a practicum site, students need to pay for a criminal background check and provide documentation of required health work to a private vendor.

Students are responsible for ensuring all requirements remain current during program enrollment.

Practicum sites have the right to refuse a student’s placement based on inadequate health records, pending charges, or conviction records. Students with a criminal history may not be able to complete practicum courses. Mid-State will make two attempts to place a student in an appropriate practicum experience. If Mid-State is unable to place the student after two attempts, the student will be withdrawn from the practicum course and will not be able to advance in the program.

PROGRAM PROGRESSION AND COMPLETION
In order to maintain a passing status and progress in the program, students must:
• Repeat courses not completed with a “C” or better prior to progressing in core courses or other courses with co- or prerequisites.
• Receive a grade of “C” or better in all courses required for graduation.

Please note that the ability to repeat courses is dependent upon availability in courses. Students may be required to apply for program re-entry in order to repeat courses within the program’s instructional area.

STUDENT HANDBOOK
Visit mstc.edu/studenthandbook to view Mid-State’s student handbook, which contains information about admissions, enrollment, appeals processes, services for people with disabilities, financial aid, graduation, privacy, Mid-State’s Student Code of Conduct, and technology.

GRADUATION REQUIREMENT
The GPS for Student Success course is required for all Mid-State students and must be completed prior to obtaining 12 credits. (Not counted in the total credit value for this program.)

GPS for Student Success
10890102 ..........................................................1 credit
Integrate necessary skills for student success by developing an academic plan, identifying interpersonal attributes for success, adopting efficient and effective learning strategies, and utilizing Mid-State resources, policies, and processes. This course must be completed prior to obtaining 12 credits and as a graduation requirement.

ADDITIONAL COURSES AS NEEDED
The following courses may be recommended or required if the student does not achieve minimum Accuplacer scores.

Intro to College Reading
10838104 ..........................................................2 credits
Provides learners with the opportunities to develop and expand reading skills, including comprehension and vocabulary skills. Learners apply reading skills to academic tasks and read to acquire information from a variety of sources.

Intro to College Writing
10831103 ..........................................................3 credits
Introduces basic principles of composition, including organization, development, unity, and coherence in paragraphs and multi-paragraph documents. The purpose of this course is to prepare students for successful entry into required program courses. This course is tuition bearing and under certain circumstances may qualify for financial aid. This course cannot be used to satisfy program completion requirements at Mid-State.
Prerequisite: Accuplacer Sentence Skills score of 60 or equivalent. Proficiency in word processing skills recommended.

Pre-Algebra
10834109 ..........................................................3 credits
Provides an introduction to algebra. Includes operations on real numbers, solving linear equations, percent and proportion, and an introduction to polynomials and statistics. Prepares students for elementary algebra and subsequent algebra-related courses.
Prerequisite: Accuplacer Math score of 65, Accuplacer Algebra score of 30, ABE Math Prep V 76854785 and ABE Math Prep VI 76854786 with a grade of “S.” (Note: ABE Math Prep V and VI courses cannot be used to satisfy program completion requirements at Mid-State.)
### SAMPLE FULL-TIME CURRICULUM OPTION

<table>
<thead>
<tr>
<th>Term</th>
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<tbody>
<tr>
<td>10103106</td>
<td>Microsoft Office-Introduction 3</td>
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<tr>
<td>10509102</td>
<td>Human Body in Health and Disease 3</td>
</tr>
<tr>
<td>10544103</td>
<td>Healthy Aging 3</td>
</tr>
<tr>
<td>10546100</td>
<td>Essential Concepts for Health and Wellness 3</td>
</tr>
<tr>
<td>10801136</td>
<td>English Composition 1 -or-</td>
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<tr>
<td>10801195</td>
<td>Written Communication 3</td>
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<tr>
<td>10806177</td>
<td>General Anatomy &amp; Physiology 4</td>
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<tr>
<td>10809198</td>
<td>Intro to Psychology 3</td>
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<tr>
<th>Term</th>
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<tbody>
<tr>
<td>10102101</td>
<td>Intro to Business 3</td>
</tr>
<tr>
<td>10104102</td>
<td>Marketing Principles 3</td>
</tr>
<tr>
<td>10546103</td>
<td>Principles of Physical Conditioning 3</td>
</tr>
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<td>10546104</td>
<td>Population Health &amp; Wellness 3</td>
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<tr>
<td>10809166</td>
<td>Intro to Ethics: Theory &amp; Application 3</td>
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<td>10546107</td>
<td>Health Coaching for the Wellness Professional 3</td>
</tr>
<tr>
<td>10546105</td>
<td>Program Development, Implementation, &amp; Evaluation 3</td>
</tr>
<tr>
<td>10546106</td>
<td>Health &amp; Wellness Practicum 2</td>
</tr>
<tr>
<td>10809172</td>
<td>Introduction to Diversity Studies -or-</td>
</tr>
<tr>
<td>10809196</td>
<td>Intro to Sociology 3</td>
</tr>
<tr>
<td>10809188</td>
<td>Developmental Psychology 3</td>
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**Total credits 60**

### SAMPLE PART-TIME CURRICULUM OPTION

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<td>English Composition 1 -or-</td>
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<tr>
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<td>Intro to Sociology 3</td>
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<td>Developmental Psychology 3</td>
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<tr>
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<td>Marketing Principles 3</td>
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<td>10546105</td>
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<tr>
<td>10546106</td>
<td>Health &amp; Wellness Practicum 2</td>
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</table>

**Total credits 60**

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Please Note:
- This curriculum sequence is only for student planning. Actual student schedules will vary depending on course availability.
- Program completion time may vary based on student scheduling and course availability. For details, go to mstc.edu/classfinder.
Behavior Change for Wellness
10546102 .........................................................3 credits
Examines the importance of understanding the theory of behavior change to assist others in overcoming barriers so they may achieve sustainable behavior change. Refines a beginning skill set including how to advise individuals on goal setting, strategy planning, and encouraging maintenance of health and wellness goals.
Prerequisite: Essential Concepts of Health and Wellness 10546100

Developmental Psychology
10809188..............................................................3 credits
Studies human development throughout the lifespan and explores developmental theory and research with an emphasis on the interactive nature of the biological, cognitive, and psychosocial changes that affect the individual from conception to death. Application activities and critical thinking skills enable students to gain an increased knowledge and understanding of themselves and others. A student scoring between 55-80 on Accuplacer Reading Comprehension is recommended to co-enroll in the Introduction to College Reading course.
Prerequisite: Minimum Accuplacer scores - Reading 55, Sentence Skills 60 or equivalent, or Intro to College Reading 10848104 with a grade of “C” or better and Intro to College Writing 10831103 with a grade of “C” or better

English Composition 1
10801136 ..............................................................3 credits
Designed for learners to develop knowledge and skills in all aspects of the writing process. Planning, organizing, writing, editing, and revising are applied through a variety of activities. Students analyze audience and purpose, use elements of research, and format documents using standard guidelines. Individuals develop critical reading skills through analysis of various written documents.
Prerequisite: Accuplacer Sentence Skills score of 85 or equivalent, or Intro to College Writing 10831103 with a grade of “C” or better. Proficiency in word processing skills recommended.

Essential Concepts for Health and Wellness
10546100 ..............................................................3 credits
An introductory course focusing on basic health and wellness promotion principles at the individual level. Basic principles include physical, mental, and spiritual. Students explore a holistic view of health and wellness concepts covering healthy lifestyle choices, managing stress, individual wellness perspective and how economics can positively and negatively impact the health and wellness of an individual.
Prerequisite: Health & Wellness Promotion 105462 program or Intro to Emergency Services 10503102 program and minimum Accuplacer scores – Reading 55, Sentence Skills 60, Arithmetic 34

General Anatomy & Physiology
10806177 ..............................................................4 credits
Examines basic concepts of human anatomy and physiology as they relate to health sciences. Using a body systems approach, the course emphasizes the interrelationships between structure and function at the gross and microscopic levels of organization of the entire human body. It is intended to prepare health care professionals who need to apply basic concepts of whole body anatomy and physiology to informed decision making and professional communication with colleagues and patients.
Prerequisite: Minimum Accuplacer score for Reading is 55 (Students scoring between 55-80 are encouraged to enroll in Introduction to College Reading) and one semester of college-level biology or chemistry with a “C” or better, or Human Body in Health & Disease 10509102 with a “C” or better, or Emergency Medical Technician-Basic 10531168 with a “C” or better

Health & Wellness Practicum
10546106 ..............................................................2 credits
Provides practical experience and the opportunity to apply concepts from previous coursework to help students transition to the role of community health promoter. The practicum location is chosen in collaboration with faculty based on student interest and site availability. Students works closely with an approved preceptor and faculty to accomplish individualized learning goals.
Prerequisites: Essential Concepts for Health & Wellness 10546100, Behavior Change for Wellness 10546102, Principles of Physical Conditioning 10546103, and Nutrition for Healthy Living 10546101; Corequisites: Population Health & Wellness 10546104 and Program Development, Implementation & Evaluation 10546105

Health Coaching for the Wellness Professional
10546107 ..............................................................3 credits
Builds on the Behavior Change for Wellness class to introduce and practice techniques for lifestyle health coaching. Analyzes the relationships between exercise, nutrition, and weight control and how to effectively and sustainably promote lifelong positive behavior change in individual clients.
Prerequisites: Essential Concepts for Health & Wellness 10546100, Behavior Change for Wellness 10546102 and Principles of Physical Conditioning 10546103

Healthy Aging
10544103 ..............................................................3 credits
Provides an overview of practices to promote healthy aging. Addresses nutrition, physical activity, and prevention practices as well as medications commonly prescribed for the older adult. Emphasis is on practices to address current aging trends.

Human Body in Health and Disease
10509102 ..............................................................3 credits
Students learn to recognize human body structure and function in health and disease states. Students explore the causes, signs, and symptoms of diseases of the major body systems as well as the diagnostic procedures, usual treatment, prognosis, and prevention of diseases commonly diagnosed and treated in the medical office setting.
Intro to Business
10102101 .............................................................3 credits
An introduction to what a business is, how it operates, and how it is managed. Students identify forms of ownership and the processes used in production and marketing, finance, personnel, and management in business operations. Recommended Accuplacer scores - Reading 55, Sentence Skills 60, Arithmetic 34

Intro to Ethics: Theory & Application
10809166 .............................................................3 credits
Provides a basic understanding of the theoretical foundations of ethical thought. Diverse ethical perspectives are used to analyze and compare relevant issues. Students critically evaluate individual, social, and/or professional standards of behavior, and apply a systemic decision-making process to these situations. A student scoring between 55-80 on Accuplacer Reading Comprehension or 60-80 on Accuplacer Sentence Skills is recommended to co-enroll in the Introduction to College Reading course and/or Introduction to College Writing course, respectively.
Prerequisite: Minimum Accuplacer Scores - Reading 55, Sentence Skills 60 or equivalent, or Intro to College Reading 10848104 with a grade of “C” or better and Intro to College Writing 10831103 with a grade of “C” or better

Intro to Psychology
10809198 .............................................................3 credits
This introductory course surveys the multiple aspects of human behavior. It involves a survey of the theoretical foundations of human functioning in such areas as learning, motivation, emotions, personality, deviance and pathology, physiological factors, and social influences. It directs the student to an insightful understanding of the complexities of human relationships in personal, social, and vocational settings. A student scoring between 55-80 on Accuplacer Reading Comprehension is recommended to co-enroll in the Introduction to College Reading course.
Prerequisite: Minimum Accuplacer scores - Reading 55, Sentence Skills 60 or equivalent, or Intro to College Reading 10848104 with a grade of “C” or better and Intro to College Writing 10831103 with a grade of “C” or better

Intro to Sociology
10809196 .............................................................3 credits
Introduces students to the basic concepts of sociology: culture, socialization, social stratification, multi-culturalism, and the five institutions of family, politics, economics, religion, and education. Other topics include demography, deviance, technology, environment, social issues, social change, and social organization. A student scoring between 55-80 on Accuplacer Reading Comprehension or 60-80 on Accuplacer Sentence Skills is recommended to co-enroll in Introduction to College Reading and/or Introduction to College Writing, respectively.
Prerequisite: Minimum Accuplacer scores - Reading 55, Sentence Skills 60 or equivalent, or Intro to College Reading 10848104 with a grade of “C” or better and Intro to College Writing 10831103 with a grade of “C” or better

Introduction to Diversity Studies
10809172 .............................................................3 credits
Introduces learners to the study of diversity from a local to a global environment using a holistic, interdisciplinary approach. Encourages self-exploration and prepares the learner to work in a diverse environment. In addition to an analysis of majority/minority relations in a multicultural context, the primary topics of race, ethnicity, age, gender, class, sexual orientation, disability, and religion are explored. A student scoring between 55-80 on Accuplacer Reading Comprehension or 60-80 on Accuplacer Sentence Skills is recommended to co-enroll in the Introduction to College Reading course and/or Introduction to College Writing course, respectively.
Prerequisite: Minimum Accuplacer scores - Reading 55, Sentence Skills 60 or equivalent, or Intro to College Reading 10848104 with a grade of “C” or better and Intro to College Writing 10831103 with a grade of “C” or better

Marketing Principles
10104102 .............................................................3 credits
Students study the practices and methods of manufacturers and distributors in the marketing of goods and services. Also emphasized are product planning, pricing strategies, distribution systems, channel activities, and the role of government as well as other factors influencing marketing today. Recommended Accuplacer scores - Reading 55, Sentence Skills 60, Arithmetic 34

Microsoft Office-Introduction
10103106 .............................................................3 credits
Develops introductory skills in the Microsoft Office Suite (Word, Excel, Access, PowerPoint, and Outlook) while reinforcing knowledge of computer concepts, Windows Explorer, and Internet usage. Students should possess basic keyboarding, mouse, and Windows 10 skills. Students may develop these skills in the LiNK while concurrently enrolled in this course.

Nutrition for Healthy Living
10546101 .............................................................3 credits
Students learn concepts of healthy eating to facilitate the journey of good health across the lifespan. Healthy eating concepts focus on individual decision making and behavior change with sustainable interventions rooted in evidenced-based practice. Students investigate nutrition myth versus fact and explore how policy and environment impact nutritional choice.
Prerequisite: Essential Concepts of Health and Wellness 10546100

Oral/Interpersonal Communication
10801196 .............................................................3 credits
Focuses upon developing speaking, verbal, and non-verbal communication, and listening skills through individual presentations, group activities, and other projects. For a student scoring between 55-80 on their Accuplacer Reading Comprehension exam and 60-80 on the Sentence Skills exam, it is recommended to co-enroll in the Introduction to College Reading and/or Intro to College Writing courses.
Prerequisite: Minimum Accuplacer scores - Reading 55, Sentence Skills 60 or equivalent

Physical Aspects of Aging
10544102 .............................................................3 credits
Study of normal and pathological changes occurring in the aging human body, with a special emphasis on age-related chronic disease. Includes analysis of biological theories of aging and cultural and ethnic influence on aging pathologies. Recommended minimum Accuplacer scores - Reading 55, Sentence Skills 60, Arithmetic 34

Population Health & Wellness
10546104 .............................................................3 credits
Examines the components and attributes of population health, including economic and policy implications for population-based health promotion activities. Students take a closer look at measures including interventions and programming that support the health of the community.
Prerequisite: Essential Concepts of Health and Wellness 10546100

Principles of Physical Conditioning
10546103 .............................................................3 credits
Emphasizes quality of life improvement and encouraging others to maximize health and wellness potential through physical conditioning. Explores the effects of physical exercise on body systems and functioning, including specific exercises for balance, endurance, strength, and weight loss. Special populations and considerations are highlighted throughout the course.
Prerequisites: General Anatomy & Physiology 10806177 and Essential Concepts of Health and Wellness 10546100

Program Development, Implementation, & Evaluation
10546105 .............................................................3 credits
Students acquire the skill set to develop, implement, and evaluate a health and wellness promotion project at the individual or community level. Explores components of health and wellness promotion program building, including the needs assessment, marketing principles, role of leadership, continuous quality improvement, economics, and collaborations to ensure success.
Prerequisites: Essential Concepts for Health & Wellness 10546100, Behavior Change for Wellness 10546102, Principles of Physical Conditioning 10546103, and Nutrition for Healthy Living 10546101; Corequisite: Population Health & Wellness 10546104

Speech
10801198 .............................................................3 credits
Explores the fundamentals of effective oral presentation to small and large groups. Topic selection, audience analysis, methods of organization, research, structuring evidence and support, delivery techniques, and other essential elements of speaking successfully, including the listening process, form the basis of this course. If a student earns below the minimum Accuplacer score in each category (Reading 80, Sentence Skills 85), he/she is eligible to take Oral Communication in lieu of Speech, provided the Accuplacer scores are minimum of Reading 55 and Sentence Skills 60, or the student has completed Intro to College Writing and/or Intro to College Reading with a “C” or better.
Prerequisite: Minimum Accuplacer scores - Reading 80, Sentence Skills 85, or completion of Intro to College Writing and/or Intro to College Reading with a “C” or better or equivalent

Written Communication