



UW-Superior: Bachelor of Science in Exercise Science
Mid-State Technical College: Health & Wellness Promotion

MSTC Program

UW-Superior Program

Course #	Course title	Credits	Course #	Course Title	Cr. granted
10-801-136	English Composition I	3	WRIT 102	College Writing	3
10-809-196	Intro to Sociology	3			
10-809-166	Intro to Ethics: Theory and Application	3	PHIL 221	Contemporary Moral Problems	3
10-809-198	Intro to Psychology	3	PSYC 101	Intro to Psychology	3
10-801-198	Speech	3	COMM 110	Intro to Communication	3
			HHP 110	Intro to HHP Majors	
			HHP100-200	Activity Courses	
			HLTH 158	Responding to Emergencies	
			HLTH 160	Intro to Health Science & Terminology	
10-546-103	Principles of Physical Conditioning	3	HHP 182	Weight Training	1
10-546-108	Group Fitness Instruction	3	HHP 203	Group Fitness	1
10-806-177	General Anatomy & Physiology	4	HLTH 264	Human Structure and Function I	3
			HLTH 289	Health Elective	1
			HLTH 265	Human Structure and Function II	
			HHP 282	Introduction to Physical Assessment	
			HHP 312	Aquatic Safety	
			HHP 332	Motor Learning	
			HHP 337	Practicum in HHP 102 Lab	
			HHP 340	Organization & Administration of HP, Health & Athletics	
			HHP 362	Kinesiology	
			HHP 363	Exercise Physiology	
10-546-101	Nutrition for Health Living	3	HHP 366	Principles of Nutrition	3
10-546-107	Health Coaching for the Wellness Professional	3	HHP 403	Health Coach	3
			HHP 497	Senior Capstone Exp	
Electives					
10-544-103	Healthy Aging	3	HLTH 289	HLTH Elective	3
10-546-102	Behavior Change for Wellness	3	HLTH 289	HLTH Elective	3

10-546-110	Mental Wellness & Stress Management	3	HLTH 267	Introduction to Mental Health & Stress Management	3
10-546-109	Youth Wellness	3	HLTH 300	Maternal Child Health	3
10-546-113	Health Navigator	3	HHP 289	Elective	3
10-546-106	Health & Wellness Practicum	3	HHP 289	Elective	3
10-546-111	Wellness Marketing & Entrepreneurship	3	HHP 289	Elective	3
10-546-104	Population Health & Wellness	3	HLTH 470	Community & Environmental Health	3
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