



# HEALTH & WELLNESS PROMOTION

## Associate in Applied Science (AAS) Program Code: 10-546-2 Total Credits: 60-61

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 online program.

**Estimated tuition and fees:** [mstc.edu/programcosts](http://mstc.edu/programcosts)

### ACADEMIC ADVISOR

To schedule an appointment with an academic advisor, call 715.422.5300. Academic advisors will travel to other campuses as necessary to accommodate student needs. For more information about advising, visit [mstc.edu/advising](http://mstc.edu/advising).

### NEW STUDENT CHECKLIST

Complete the following steps to prepare for your New Student Advising appointment with your academic advisor:

- ☐ Submit a Mid-State application at [mstc.edu/apply](http://mstc.edu/apply).
- ☐ Send official transcripts to:  
Mid-State Technical College  
Student Services  
1001 Centerpoint Drive  
Stevens Point, WI 54481
- ☐ Complete the Free Application for Federal Student Aid (FAFSA) at [fafsa.gov](http://fafsa.gov). Mid-State's Financial Aid team is available to assist with your FAFSA application and to answer your financial aid questions. Contact Financial Aid or schedule an appointment at [mstc.edu/financial-aid](http://mstc.edu/financial-aid).
- ☐ Set up student MyCampus account at [mstc.edu/mycampus-assistance](http://mstc.edu/mycampus-assistance).
- ☐ Schedule a New Student Advising appointment at [mstc.edu/advising](http://mstc.edu/advising).



[mstc.edu](http://mstc.edu) • 888.575.6782 • TTY: 711



**ADAMS CAMPUS**  
401 North Main  
Adams, WI 53910

**MARSHFIELD CAMPUS**  
2600 West 5th Street  
Marshfield, WI 54449

**STEVENS POINT  
DOWNTOWN CAMPUS**  
1001 Centerpoint Drive  
Stevens Point, WI 54481

**WISCONSIN RAPIDS CAMPUS**  
500 32nd Street North  
Wisconsin Rapids, WI 54494

# CAREER PATHWAY • BEGIN AT ANY POINT



## CREDIT FOR PRIOR LEARNING AND EXPERIENCE

### CREDIT FOR PRIOR LEARNING AND EXPERIENCE

- Certifications and Licenses
- High School Credit
- Military Experience
- National/Standardized Exams
- Transfer Credit
- Work and Life Experience

Learn about Credit for Prior Learning at [mstc.edu/cpl](https://mstc.edu/cpl).

## CERTIFICATE

### FITNESS PROFESSIONAL

Certificate • 12 Credits

### GERONTOLOGY PROFESSIONAL

Certificate • 12 Credits

### HEALTH NAVIGATOR

Certificate • 12 Credits

For more information and additional opportunities, visit [mstc.edu/career-accelerator](https://mstc.edu/career-accelerator).

## ASSOCIATE IN APPLIED SCIENCE (AAS)

### HEALTH & WELLNESS PROMOTION

Associate in Applied Science (AAS) • 60-61 Credits

#### Start Your Career

- Community Health Advocate
- Health Promotion Coordinator
- Wellness Coach

## BACHELOR'S DEGREE

### BACHELOR'S DEGREE OPTIONS

For those interested in continuing their education, Mid-State offers transfer agreements with various four-year colleges and universities. For more information and additional opportunities, visit [mstc.edu/transfer](https://mstc.edu/transfer).

## OTHER OPTIONS

### RELATED PROGRAMS

- Dental Assistant
- Health Information Management
- Medical Assistant
- Medical Coder
- Nursing
- Nursing Assistant
- Phlebotomy Technician
- Respiratory Therapy
- Sterile Processing Technician
- Surgical Technology

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.

TECHNICAL SKILLS ATTAINMENT

The Wisconsin Technical College System (WTCS) has implemented a requirement that all technical colleges measure outcomes attained by students. This requirement is called Technical Skills Attainment (TSA). The main objective of TSA is to ensure graduates have the technical skills needed by employers. Students are notified of TSA reporting in Health Coaching for the Wellness Professional; Youth Wellness; and Health & Wellness Practicum.

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

TECHNICAL STANDARDS

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](http://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.
- 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 of 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](http://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 program students and is recommended to be completed before obtaining 12 credits. (Not counted in the total credit value for this program.) Some students are exempt from this requirement. Please see your program advisor for more information.

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 is recommended to be completed prior to obtaining 12 credits and is a graduation requirement unless you receive an exemption from your program advisor.

ADDITIONAL COURSES AS NEEDED

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

College Reading and Writing 1 10831104 ..... 3 credits

Provides learners with opportunities to develop and expand reading and writing skills to prepare for college-level academic work. Students will employ critical reading strategies to improve comprehension, analysis, and retention of texts. Students will apply the writing process to produce well-developed, coherent, and unified written work.

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.

## SAMPLE FULL-TIME CURRICULUM OPTION

Term		15 credits
10544103	Healthy Aging ☑	3
10546100	Essential Concepts for Health and Wellness	3
10801136	English Composition 1 ☑ -OR-	
10801195	Written Communication ☑	3
10809196	Intro to Sociology ☑	3
10809198	Intro to Psychology ☑ -OR-	
10809188	Developmental Psychology ☑	3

Term		15-16 credits
10546101	Nutrition for Healthy Living	3
10546102	Behavior Change for Wellness	3
10546108	Group Fitness Instruction ☑	3
10801196	Oral/Interpersonal Communication ☑ -OR-	
10801198	Speech ☑	3
10806189	Basic Anatomy	3
	-OR-	
10806177	General Anatomy & Physiology ☑	4

Term		15 credits
10102101	Intro to Business ☑	3
10546103	Principles of Physical Conditioning ☑	3
10546104	Population Health & Wellness ☑	3
10546109	Youth Wellness ☑	3
10546110	Mental Wellness and Stress Management	3

Term		15 credits
10103123	Excel-Beginning ☑	1
10546107	Health Coaching for the Wellness Professional ☑	3
10546113	Health Navigator ☑	3
10546106	Health & Wellness Practicum ☑	2
10546111	Wellness Marketing and Entrepreneurship	3
10809166	Intro to Ethics: Theory and Application ☑ -OR-	
10809172	Introduction to Diversity Studies ☑	3

**Total credits 60-61**

☑ This course has options available to receive credit for prior learning (CPL) or work experience. Visit the website at [mstc.edu/cpl](http://mstc.edu/cpl) or contact your advisor for details.

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/schedule](http://mstc.edu/schedule).

## SAMPLE PART-TIME CURRICULUM OPTION

Term		6 credits
10546100	Essential Concepts for Health and Wellness	3
10801136	English Composition 1 ☑ -OR-	
10801195	Written Communication ☑	3

Term		6 credits
10809166	Intro to Ethics: Theory and Application ☑ -OR-	
10809172	Introduction to Diversity Studies ☑	3
10809198	Intro to Psychology ☑ -OR-	
10809188	Developmental Psychology ☑	3

Term		9 credits
10544103	Healthy Aging ☑	3
10546101	Nutrition for Healthy Living	3
10801196	Oral/Interpersonal Communication ☑ -OR-	
10801198	Speech ☑	3

Term		7-8 credits
10103123	Excel-Beginning ☑	1
10806189	Basic Anatomy	3
	-OR-	
10806177	General Anatomy & Physiology ☑	4
10809196	Intro to Sociology ☑	3

Term		9 credits
10102101	Intro to Business ☑	3
10546103	Principles of Physical Conditioning ☑	3
10546108	Group Fitness Instruction ☑	3

Term		6 credits
10546102	Behavior Change for Wellness	3
10546111	Wellness Marketing and Entrepreneurship	3

Term		9 credits
10546109	Youth Wellness ☑	3
10546110	Mental Wellness and Stress Management	3
10546104	Population Health & Wellness ☑	3

Term		8 credits
10546107	Health Coaching for the Wellness Professional ☑	3
10546113	Health Navigator ☑	3
10546106	Health & Wellness Practicum ☑	2

**Total credits 60-61**

## MULTIPLE MEASURES

**Multiple Measures Writing (MMW):** High school GPA of 2.6 and successful completion of 2.0 credits of high school writing courses with a "C" or better

**Multiple Measures Math 1 (MMM\_1):** High school GPA of 2.6 and successful completion of 1.0 credits of high school math (Algebra 1 or equivalent) with a "C" or better

**Multiple Measures Science 1 (MMS\_1):** High school GPA of 2.6 and successful completion of 1.0 credits of high school lab science course with a "C" or better

**Multiple Measures Reading (MMR):** High school GPA of 2.6 and successful completion of 2.0 credits of high school literature courses with a "C" or better

**Multiple Measures Math 2 (MMM\_2):** High school GPA of 2.6 and successful completion of 2.0 credits of high school math including Algebra 1 and Algebra 2 with a "C" or better

**Multiple Measures Science 2 (MMS\_2):** High school GPA of 2.6 and successful completion of 1.0 credits of high school chemistry with a "C" or better

*Past high school and college transcripts are used in making course placement decisions.*

# COURSE DESCRIPTIONS

## Basic Anatomy

**10806189 .....3 credits**

Examines concepts of anatomy and physiology as they relate to health careers. Learners correlate anatomical and physiological terminology to all body systems.

*Prerequisite: High School GPA of 2.6 and MMS\_1 or Accuplacer Reading Skills of 249 or ACT Reading score of 15*

## 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.

*Corequisite: Essential Concepts for 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.

*Prerequisite: High School GPA of 2.6 and MMR and MMW or Accuplacer Reading Skills of 236 and Writing of 237 or ACT of 15 Reading/16 English*

## English Composition 1

**10801136 .....3 credits**

Learners develop and apply skills in all aspects of the writing process. Through a variety of learning activities and written documents, learners employ rhetorical strategies, plan, organize and revise content, apply critical reading strategies, locate and evaluate information, integrate and document sources, and apply standardized English language conventions.

*Prerequisite: High School GPA of 2.6 and MMW or Accuplacer Writing of 262 or ACT English score of 20 or completion of College Reading and Writing 1 10831104 with a "C" or better*

## Essential Concepts for Health and Wellness

**10546100 .....3 credits**

This class introduces the student to basic health and wellness promotion principles at the individual level including the six dimensions of wellness, determinants of health and behavior change theory. 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.

## Excel Beginning

**10103123 .....1 credit**

Students learn to create, modify, and format spreadsheets, charts, and graphics. Students also learn to perform calculations and analysis on data.

## 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: High School GPA of 2.6 and MMS\_1 and MMM\_1 or Accuplacer Reading Skills of 262 and QAS of 246 or ACT Math score of 19 and Reading score of 19 or College Math 10804107 or Intermediate Algebra with Applications 10804118 with a "C" or better; or General Chemistry 10806134, or General Biology 10806114, or Human Body in Health & Disease 31509302*

## Group Fitness Instruction

**10546108 .....3 credits**

Provides theoretical knowledge and practical skills in preparation for a national certification exam in group fitness instruction. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor-participant relationship, principles of motivation to encourage adherence in the group fitness setting, effective instructor-to-participant communication techniques, methods for enhancing group leadership, and the group fitness instructor's (GFI's) professional role.

## 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 work 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; Corequisite: Population Health & Wellness 10546104*

## 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: Behavior Change for Wellness 10546102 and Principles of Physical Conditioning 10546103*



# COURSE DESCRIPTIONS

## Health Navigator ☑

**10546113 .....3 credits**

This course prepares the student to support client navigation within the healthcare and social systems. Employed in a variety of settings, the health navigator serves as the primary client liaison to organizations and systems. The student will learn how to work with clients, synchronizing care of the physical, psychological, and social needs while providing assistance through health education, the identification and reduction of barriers, and linking clients to services to address care needs.

*Prerequisites: Essential Concepts of Health & Wellness 10546100 and Healthy Aging 10544103*

## 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.

## 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.

## 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.

*Prerequisite: High School GPA of 2.6 and MMR and MMW or Accuplacer Reading Skills of 236 and Writing of 237 or ACT of 15 Reading/16 English*

## Intro to Psychology ☑

**10809198 .....3 credits**

This science of psychology course is a survey of multiple aspects of behavior and mental processes. It provides an overview of topics such as research methods, theoretical perspectives, learning, cognition, memory, motivation, emotions, personality, abnormal psychology, physiological factors, social influences, and development.

*Prerequisite: High School GPA of 2.6 and MMR and MMW or Accuplacer Reading Skills of 236 and Writing of 237 or ACT of 15 Reading/16 English*

## 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, social organization, and workplace issues.

*Prerequisite: High School GPA of 2.6 and MMR and MMW or Accuplacer Reading Skills of 236 and Writing of 237 or ACT of 15 Reading/16 English*

## Introduction to Diversity Studies ☑

**10809172 .....3 credits**

Learners develop and apply skills in all aspects of the writing process. Through a variety of learning activities and written documents, learners employ rhetorical strategies, plan, organize and revise content, apply critical reading strategies, locate and evaluate information, integrate and document sources, and apply standardized English language conventions.

*Prerequisite: High School GPA of 2.6 and MMW or Accuplacer Writing of 262 or ACT English score of 20 or completion of College Reading and Writing 1 10831104 with a "C" or better*

## Mental Wellness and Stress Management

**10546110 .....3 credits**

Investigate the underpinnings of mental health and wellness. Explore the risks of stress and emotional management techniques to mitigate these risks by embracing a growth mindset. The learner will be engaged in processes to support the emotional dimension of health and demonstrate ways to implement these practices for oneself and others along their wellness journey.

## 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.

*Corequisite: Essential Concepts of Health and Wellness 10546100*

## Oral/Interpersonal Communication ☑

**10801196 .....3 credits**

Focuses on developing effective listening techniques and verbal and nonverbal communication skills through oral presentation, group activity, and other projects. The study of self, conflict, and cultural contexts will be explored, as well as their impact on communication.

*Prerequisite: High School GPA of 2.6 and MMR and MMW or Accuplacer Reading Skills of 236 and Writing of 237 or ACT of 15 Reading/16 English*

## 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.

*Corequisite: Essential Concepts of Health and Wellness 10546100*

# COURSE DESCRIPTIONS

## 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.

*Corequisite: Basic Anatomy 108061890*

## 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. Includes informative, persuasive, and occasion speech presentations.

*Prerequisite: High School GPA of 2.6 and MMR and MMW or Accuplacer Reading Skills of 253 and Writing of 262 or ACT of 21 Reading/19 English or completion of College Reading and Writing 1 10831104 with a "C" or better*

## Wellness Marketing and Entrepreneurship

**10546111 .....3 credits**

Explore ways to support entrepreneurship strategies in the wellness market. Learners will investigate way to market themselves as emerging wellness professionals, find their niche market and use social media to attract clients all while exploring the basics of wellness business building. The learner will create a digital platform and a business plan geared toward their unique future wellness professional interests.

*Corequisite: Essential Concepts for Health and Wellness 10546100*

## Written Communication ☑

**10801195 .....3 credits**

Develops writing skills which include prewriting, drafting, revising, and editing. A variety of writing assignments are designed to help the learner analyze audience and purpose, research and organize ideas, and format and design documents based on subject matter and content. Also develops critical reading and thinking skills through the analysis of a variety of written documents.

*Prerequisite: High School GPA of 2.6 and MMW or Accuplacer Writing of 262 or ACT English score of 20 or completion of College Reading and Writing 1 10831104 with a "C" or better*

## Youth Wellness ☑

**10546109 .....3 credits**

Explore the developmental science which shapes youth wellness as seen through the lens of each of the wellness dimensions. Examining different socioeconomic implications and childhood events will support evidence based resiliency interventions. An exploration of youth community programming and application exercises will support the learner's transition to the health and wellness professional role.

*Corequisite: Essential Concepts for Health and Wellness 10546100*