



MSTC - Health and Wellness Promotion
 UWSP - Health Promotion and Wellness (BS)

Transfer Courses:

MSTC General Courses			UWSP Equivalent Courses		
General Courses					
Course #	Course Name	Cr	Course #	Course Name	Cr
10801136	English Composition I	3	ENGL 101	Freshman English (GEP, WC)	3
10801196 10801198	Oral/Interpersonal Comm OR Speech	3	COMM COMM 101	Elective (GEP, SS) OR Oral Communication (GEP, OC)	3
10809198	Intro to Psychology	3	PSYC 110	Intro to Psychology (GEP, SS)	3
10809196 10809166 10809172	Intro to Sociology OR Intro to Ethics: Theory and Appl OR Intro Diversity Studies	3	SOC 101 PHIL 101 EL	Intro to Soc (GEP: SS, USD) OR Contemporary Moral Problems (GEP, HU) OR EL (GEP: SS, USD)	3
10806177	Gen Anatomy & Physiology	4	BIOL EL	BIOL EL (GEP, NSC) ****	4
Total General Credits		16	Total UWSP Equivalent Credits		16
Occupational Courses					
Course #	Course Name	Cr	Course #	Course Name	Cr
10102101	Intro to Business	3	EL	EL	3
10509102	Human Body in Health & Disease	3	EL	EL	3
10544103	Healthy Aging	3	EL	EL	3
10546100	Essential Concepts of Health & Welln	3	EL	EL	3
10546101	Nutrition for Health Living	3	FN 151	Contemporary Nutrition (WLN) - 2 credits granted	2
10546102	Behavior Change for Wellness	3	HPW 304	Theories & Techniques of Behavior Change	3
10546103	Principles of Physical Conditioning	3	HPW 312	Exercise Physiology	3
10546104	Population Health & Wellness	3	HS 395	Epidemiology	3
10546105	Program Development, Implementation, & Evaluation	3	HPW 300	Program Design, Techniques & Resources	3
10546106 10546107	Health and Wellness Practicum AND Health Coaching for the Wellness Pro	2 3	HPW 430	Advanced Practicum in HPW #1	3
10546108	Group Fitness Instruction	3	EL	EL	3
10546109	Youth Wellness	3	EL	EL	3
10546110	Mental Wellness and Stess Mgmt	3	HPW 320	Developing Stess Management Programs	3
10546111	Wellness Marketing & Entrepreneurship	3	HPW 410	Promoting & Marketing Wellness	3
Total MSTC Occupational Credits		44	Total UWSP Occupational Credits		41

REQUIRED COURSES: (Total 60-84 Credits)***

The following course work will be required upon arrival at UWSP to obtain the Bachelor of Science Degree, Health Promotion and Wellness.

UWSP Courses		
Course #	Course Name	Cr
ENG 202	Sophomore English (WC)	3
COMM 101	(OC) - if 10-801-198 not taken	3
	Art (ART)	3
	Historical Perspective (HP)	3
	Humanities (HU) - if 10-809-166 not taken	3
	US Diversity (USD) - if 10-809-196 or 10-809-172 not taken	3
	Global Awareness (GA) - may be combined with another course used to satisfy another other GEP requirements (e.g. ART, HP, etc)	0-3
	Environmental Responsibility (ER) - may be combined with another course used to satisfy another other GEP requirements (e.g. ART, HP, etc)	0-3
CHEM 101	Basic Chemistry (GEP: NSC)	5
HD 265	Human Development	3
FN 253	Intro to Nutrition & Nutrient Metabolism	3
**** BIOL 101	General Biology	5
**** BIOL 287 or 387	Essential of Human Anatomy or Human Anatomy	4
BIOL 385	Human Physiology	4
HPW 102	Healthy American (GEP: WLN)	2
HPW 110	Careers in HPW	1
HPW 210	Principles & Philosophies of Health Promotion	3
HPW 290	Psychological Aspects of Health	3
* MATH 255	Elementary Statistical Methods (QL)	4
HPW 301	Wellness Retreat for Pre-Professionals	1
HPW 420	Health Promotion Management (IS)	3
**HPW 430	Advanced Practicum in HPW #2 in career area	3
HPW 445	The Health Promotion Professional	1
HPW 450	Internship (XL)	12

** Will need to test in or take Pre-requisite*

*** CPR and First Aid Certification required for Practicum*

****UWSP University graduation requirements for a Bachelor of Science Degree will need to be completed: 40 credits of 300 and 400 level and 120 total minimum. Credits additional to those listed here may be required.*
