



MSTC - Health and Wellness Promotion

UWSP - Health and Wellness Management - Online (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	HWM 300	Intro to Human Health	3
10544103	Healthy Aging	3	EL	EL	3
10546100	Essential Concepts of Health & Welln	3	HWM 305	The Wellnes Profession	3
10546101	Nutrition for Health Living	3	FN 151	Contemporary Nutrition (WLN) - 2 credits granted	2
10546102	Behavior Change for Wellness	3	HWM 370	Understanding and Effecting Health Behavior Change	3
10546103	Principles of Physical Conditioning	3	EL	EL	3
10546104	Population Health & Wellness	3	HWM 430	Population Health for Wellness Managers	3
10546105	Program Development, Implementation, & Evaluation	3	EL	EL	3
10546106	Health and Wellness Practicum	2	EL	EL	2
10546107	Health Coaching for the Wellness Professional	3	HWM 485	Health Coaching for Wellness Managers	3
10546108	Group Fitness Instruction	3	EL	EL	3
10546109	Youth Wellness	3	EL	EL	3
10546110	Mental Wellnexx and Stess Mgmt	3	HWM 360	Stress, Dependencies and Addictions	3
10546111	Wellness Marketing & Entrepreneurship	3	HWM 385	Marketing and Communication for Wellness Mngrs	3
Total MSTC Occupational Credits		44	Total UWSP Occupational Credits		43

REQUIRED COURSES: (Total 57-78 Credits)

The following course work will be required upon arrival at UWSP to obtain the Bachelor of Science Degree, Health and Wellness Management (Online Degree)

UWSP Courses

Course #	Course Name	Cr
ENG 202	Sophomore English (WC)	3
COMM 101	(OC) 0-3 Cr - if 10-801-198 not taken	0-3
	Quantitative Literacy (QL)	3
	Art (ART)	3
	Historical Perspective (HIS)	3
	Humanities (HU) - credits depend on gen ed taken at MSTC	0-3
	Additional credits chosen from the five Investigation Level categories - credits depend on gen eds taken at MSTC	2-8.
	US Diversity (USD) - can overlap with Investigation Level courses	0-3
	Global Awareness - can overlap with Investigation Level courses	0-3
	Environmental Responsibility - can overlap with Investigation Level courses.	0-3
HWM 310	Changes Across the Life Span	3
HWM 315	Workplace Wellness Program Mgmt	3
HWM 320	Health and Medical Technology	3
HWM 325	Health Literacy	3
HWM 335	Worksite Health Environment	3
HWM 345	Physical Activity & Nutrition for Wellness Managers	3
HWM 350	Research and Statistics for Wellness Managers	3
HWM 405	Survey of Info Technology in Wellness	3
HWM 460	Leadership & Change Mgmt in Health	3
HWM 470	Assessment & Eval for Wellness Mngrs	3
HWM 480	Employee Benefits for Wellness Mngrs	3
HWM 493	Health & Wellness Mngmt Fieldwork Prep	1
HWM 494	Health & Wellness Mngmt Fieldwork	3
HWM 496	Health & Wellness Mngmt Capstone	3

*****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.**
