



# 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).

### CHECKLIST:

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

- FAFSA ([www.fafsa.gov](http://www.fafsa.gov))
- Financial Aid Form(s)  
Form(s): \_\_\_\_\_
- Follow-Up Appointment:  
Where: \_\_\_\_\_  
When: \_\_\_\_\_  
With: \_\_\_\_\_
- Official Transcripts  
Mid-State Technical College  
Student Services Assistant  
1001 Centerpoint Drive  
Stevens Point, WI 54481
- Criminal Background Statement of  
Understanding and Release of  
Information Form
- Other: \_\_\_\_\_  
\_\_\_\_\_



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

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

**STEVENS POINT 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

HIGH SCHOOL STUDENT

COLLEGE TRANSFER

RETURNING ADULT

## 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).

## 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

Arizona State University, Bellevue University, Colorado State University Global, Concordia University, Franklin University, Grand Canyon University (GCU), Lakeland University, Milwaukee School of Engineering (MSOE), Mount Mary University (MMU), Northern Michigan University, University of Phoenix, UW-Green Bay, UW-Oshkosh, UW-Stevens Point, UW-Stevens Point at Marshfield, UW-Stout, UW-Superior, UW-Whitewater, Western Governors University, and Wisconsin Private-Nonprofit Universities/Colleges.

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

## OTHER OPTIONS

### RELATED PROGRAMS

- Central Service Technician
- Health Information Management
- Medical Assistant
- Medical Coder
- Nursing
- Nursing Assistant
- Phlebotomy Technician
- Respiratory Therapy
- Surgical Technology

## 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.

## TECHNICAL SKILLS ATTAINMENT

The Wisconsin Technical College System (WTCS) has implemented a requirement that all technical colleges measure program 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 Program Development, Implementation, & Evaluation; Health Coaching for the Wellness Professional; Population Health & 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.

*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

Term		15 credits
10544103	Healthy Aging ☑	3
10546100	Essential Concepts for Health and Wellness	3
10801136	English Composition 1 ☑	3
10809196	Intro to Sociology ☑	3
10809198	Intro to 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
10806177	General Anatomy & Physiology ☑	4
	-or-	
10806189	Basic Anatomy	3

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 ☑	3

Term		6 credits
10809166	Intro to Ethics: Theory and Application ☑ -or-	
10809172	Introduction to Diversity Studies ☑	3
10809198	Intro to 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
10806177	General Anatomy & Physiology ☑	4
	-or-	
10806189	Basic Anatomy	3
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**

# 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.

## 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.

## 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: High School GPA of 3.0 or Accuplacer Writing of 262 or ACT of 20 or College Reading and Writing 1 10831104 with a "C" or better or equivalent. Students are encouraged to bring transcripts for further evaluation if they do not meet these requirements. Proficiency in word processing skills recommended.*

## 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 3.0 or Accuplacer Reading Skills of 236 or ACT of 15, or General Chemistry 10806134 with a grade of "C" or better, or General Biology 10806114 with a grade of "C" or better, or Human Body in Health & Disease 31509302 with a "C" or better. Students are encouraged to bring transcripts for further evaluation if they do not meet these requirements.*

## 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; 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.

# 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.

## 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 3.0 or Accuplacer Reading Skills of 236, Writing of 237 or ACT of 15 Reading/16 Writing. Students are encouraged to bring transcripts for further evaluation if they do not meet these requirements.*

## 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 3.0 or Accuplacer Reading Skills of 236, Writing of 237 or ACT of 15 Reading/16 Writing. Students are encouraged to bring transcripts for further evaluation if they do not meet these requirements.*

## 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.

*Prerequisite: High School GPA of 3.0 or Accuplacer Reading Skills of 236, Writing of 237 or ACT of 15 Reading/16 Writing. Students are encouraged to bring transcripts for further evaluation if they do not meet these requirements.*

## 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.

*Prerequisite: High School GPA of 3.0 or Accuplacer Reading Skills of 236, Writing of 237 or ACT of 15 Reading/16 Writing. Students are encouraged to bring transcripts for further evaluation if they do not meet these requirements.*

## 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.

## 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 3.0 or Accuplacer Reading Skills of 236, Writing of 237, or ACT of 15 Reading/16 Writing. Students are encouraged to bring transcripts for further evaluation if they do not meet these requirements.*

# COURSE DESCRIPTIONS

## **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.

## **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. Bring transcripts for further evaluation if they do not meet these requirements.

*Prerequisite: High School GPA of 3.0 or Accuplacer Reading of 253, Writing of 262, or ACT of 21 Reading/19 Writing, or completion of College Reading and Writing 1 10831104 with a "C" or better or equivalent. Students are encouraged to bring transcripts for further evaluation if they do not meet these requirements.*

## **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.

## **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.