

MID-STATE TECHNICAL COLLEGE HEALTH & WELLNESS PROMOTION TO UW-STOUT B.S. HEALTH WELLNESS & FITNESS – HEALTH & WELLNESS PROMOTIONS CONCENTRATION TRANSFER GUIDE

Mid-State Technical College General Education Courses

Mid-State Catalog Number	Mid-State Course Name	University Catalog Number	University Course Name	Credits
10-801-136 OR 10-801-195	English Composition 1 OR Written Communication	ENGL 101	Composition 1	3
10-801-196 OR 10-801-198	Oral/Interpersonal Communication OR Speech	COMST GXX	Communication Studies Stout Core	3
10-806-189 OR 10-806-177	Basic Anatomy OR General Anatomy & Physiology (<i>Recommended course</i>)	BIO GXX OR BIO 132	Biology GE Elective OR Human Biology	4
20-806-215	Environmental Science	BIO GXX	Biology GE Electives	3
10-807-205	The Well Traveler	PE XXX	Rehabilitation Elective	0
10-809-166 OR 10-809-172	Intro to Ethics: Theory & Application OR Introduction to Diversity Studies (<i>Recommended course</i>)	PHIL 235 OR SOC GAX	General Ethics OR Sociology Elective	3
10-809-196	Intro to Sociology	SOC 110	Introductory Sociology	3
10-809-198 OR 10-809-188	Intro to Psychology (<i>Recommended course</i>) OR Developmental Psychology	HDFS 255 OR PSYC 110	Lifespan Human Development OR General Psychology	3

Mid-State Technical College Program Courses

Mid-State Catalog Number	Mid-State Course Name	University Catalog Number	University Course Name	Credits
10-544-103	Healthy Aging	HDFS XXX	Human Development Family Studies Elective	0
10-546-106	Health & Wellness Practicum	HWF 398 AND HWF XXX	Field Experience AND Health & Wellness Elective	1
10-546-104	Population Health & Wellness	HWF 405	Wellness Promotion & Programming	3
10-546-107	Health Coaching for the Wellness Professional	HWF 345	Health & Wellness Coaching	3
10-546-110	Mental Wellness & Stress Management	HWF 348	Stress Assessment & Intervention	3
10-546-103 AND 10-546-113	Principles of Physical Conditioning AND Health Navigator	HWF 322 AND HLTH 365	Health & Fitness Assessment AND Physiology of Exercise	6
10-546-100	Essential Concepts for Health & Wellness	PE 205	Lifelong Wellness	3
10-546-101	Nutrition for Health Living	FN 212	Nutrition	3
10-546-108	Group Fitness Instruction	HWF 370	Personal & Group Exercise	3
10-546-109	Youth Wellness	HWF XXX	Health Wellness Fitness Elective <i>Counts towards Concentration Selective</i>	3
10-546-102	Behavior Change for Wellness	HWF XXX	Health Wellness Fitness Elective <i>Counts towards Concentration Selective</i>	3

10-546-111	Wellness Marketing & Entrepreneurship	BUMKG XXX	Business Marketing Elective Will substitute for BUMKG-230	3
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Total Credits Transferred from Mid-State Technical College

53

Remaining Courses to Complete at UW-Stout

University Catalog Number	University Course Name	Credits
ENGL 102	Composition 2	3
MATH 118	Concepts of Mathematics (or higher)	4
Humanities & Arts Stout Core	Choose from designated courses	6
HWF 340	Community CPR, AED, and First Aid	3
BIO 234	Anatomy & Physiology	4
CHEM 115 OR CHEM 135	Introductory Chemistry OR College Chemistry 1	5
FN 207	Medical Terminology	1
HWF 225	Structural Kinesiology	3
HWF 100	Intro to Health, Wellness, & Fitness Industry	2
HWF 275	Lifespan Motor Development	3
HLTH 350	Prevention & Care of Athletic Injuries	3
HLTHED 360	Personal Health & Fitness	3
HLTED 375	Methods in Health, Wellness, & Fitness	3
FN 312	Nutritional Assessment	2
PSYC 361 OR PSYC 371 OR PSYC 377	Abnormal Psychology OR Intro to Health Psychology OR Consumer Psychology	3
BUACT 206	Intro to Financial Accounting	3
BUMGT 204	Principles of Management	3
HWF 390	Recreational Facilities Management & Leadership	3
BULGL 318 OR HT 460	Business Law 1 OR Hospitality Industry Law & Liability	3
HWF 498	Field Experience	1
FN 380	Community Nutrition	3
REHAB 320	Rehabilitation and Chemical Dependency	3

Total Credits Completed at UW-Stout

67

Other Transferrable Courses

While these courses are not part of the Health & Wellness Promotion A.A.S. curriculum, completing them at Mid-State Technical College can help reduce your remaining coursework at UW-Stout. Students are encouraged to consult with their Financial Aid Specialist at Mid-State to determine financial aid eligibility for these courses.

Mid-State Catalog Number	Mid-State Course Name	University Catalog Number	University Course Name	Credits
20-801-223	English 2	ENGL 102	Composition 2	3
10-806-134	General Chemistry	CHEM 115	Introductory Chemistry	3
10-809-159	Abnormal Psychology	PSYC 361	Abnormal Psychology	3
10-101-140	Accounting I	BUACT 206	Intro to Financial Accounting	3

10-102-104 OR 10-109-107	Business Law OR Hospitality Law and Liability	BULGL 318 OR HT 460	Business Law I OR Hospitality Industry Law & Liability	3
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Additional Information

- Students must fulfill the graduation requirements at both institutions to include the completion of a minimum of 32 credits in residence for a bachelor's degree at UW-Stout.
- Students must complete the entire sending program and meet the receiving institution's admission requirements for the agreement to apply.