

MID-STATE TECHNICAL COLLEGE HEALTH & WELLNESS PROMOTION TO UW-STOUT B.S. HUMAN DEVELOPMENT & FAMILY STUDIES 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	Physical Education Elective <i>(Not applicable to any General Education area)</i>	1
10-809-166 OR 10-809-172	Intro to Ethics: Theory & Application <i>(Recommended course)</i> OR Introduction to Diversity Studies	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 340	Human Development: Middle to Late Adulthood <i>(Major Studies)</i>	3
10-546-106	Health & Wellness Practicum	HWF XXX	Health, Wellness & Fitness Electives <i>(HDFS Electives)</i>	3
10-546-104	Population Health & Wellness	HWF XXX	Health, Wellness & Fitness Electives <i>(HDFS Electives)</i>	3
10-546-107	Health Coaching for the Wellness Prof	HDFS XXX	Human Development & Family Studies Elective <i>(HDFS Electives)</i>	3
10-546-110	Mental Wellness & Stress Management	HDFS XXX	Human Development & Family Studies Elective <i>(HDFS Electives)</i>	3
10-546-113	Health Navigator	HDFS XXX	Human Development & Family Studies Elective <i>(HDFS Electives)</i>	3
10-546-100	Essential Concepts for Health & Wellness	HWF XXX	Health, Wellness & Fitness Electives <i>(Student Designed Emphasis)</i>	3
10-546-101	Nutrition for Health Living	FN 102	Nutrition for Healthy Living <i>(Student Designed Emphasis)</i>	3
10-546-108	Group Fitness Instruction	HWF XXX	Health, Wellness & Fitness Electives <i>(Student Designed Emphasis)</i>	3

10-546-109	Youth Wellness	HDFS XXX	Human Development & Family Studies Elective (Student Designed Emphasis)	3
10-546-102	Behavior Change for Wellness	HWF XXX	Health, Wellness & Fitness Electives (Student Designed Emphasis)	3
10-546-111	Wellness Marketing & Entrepreneurship	BUMKG XXX	Business Marketing Elective (Free Electives)	3
10-546-103	Principles of Physical Conditioning	HWF XXX	Health, Wellness & Fitness Electives (Free Electives)	3

Total Credits Transferred from Mid-State Technical College

60

Remaining Courses to Complete at UW-Stout

University Catalog Number	University Course Name	Credits
ENGL 102	Composition 2	3
HA	Humanities & Arts Stout Core	6
MQR	Math & Quantitative Reasoning Stout Core (Math or Stats)	3
HDFS 101	Introduction to Human Development & Family Studies	1
HDFS 115	Healthy Intimate Relationships	3
HDFS 124	Human Development: Early Childhood	3
HDFS 215	Introduction to Families	3
HDFS 257	Lifespan Sexuality	3
HDFS 330	Human Development: Adolescence/Emerging Adulthood	3
HDFS 365	Family Resource Management	3
HDFS 450	Family Policy	3
HDFS 456	Abuse & the Family	3
HDFS 490	Professional Issues: Human Development & Family Studies	3
HDFS 491	Internship in HDFS	3
HDFS 313	Parent Education/Involvement	3
FCSE 451	Family Life Education Programs	3
PSYC 190	Psychology Research Methods	2
HDFS 225	Skills Training for Individual/Family Interventions	3
HDFS 335	Cultural Awareness in Practice	3
ELECTIVES	Free Electives	2

Total Credits Completed at UW-Stout

59

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

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.