



UW-Superior: Bachelor of Science in Public Health
Mid-State Technical College: Health & Wellness Promotion

MSTC Program

UW-Superior Program

Course #	Course title	Credits	Course #	Course Title	Credits
10-801-136	English Composition I	3	WRIT 102	College Writing	3
10-809-196	Intro to Sociology	3	SOCI 101	Intro to Sociology	3
10-809-172 or 10-809-766	Intro to Diversity Studies or Intro to Ethics: Theory and Application	3	SOCI 273 or PHIL 221	Race and Ethnicity or Contemporary Moral Problems	3
10-809-198	Intro to Psychology	3	PSYC 101	Intro to Psychology	3
10-801-198	Speech	3	COMM 110	Intro to Communication	3
			HHP 110	Intro to HHP Majors	1
			HLTH 158	Responding to Emergencies	2
			HLTH 160	Intro to Health Science & Terminology	2
10-806-177 or 10-806-189	General Anat & Phys or Basic Anatomy	4/3	HLTH 264	Human Structure and Function I	3
			HLTH 289	HLTH Elective	(1)
			HLTH 265	Human Structure and Function II	3
10-546-110	Mental Wellness & Stress Management	3	HLTH 267	Intro to Mental Health & Stress Management	3
			HHP 282	Intro to Physical Assessment	1
10-546-101	Nutrition for Health Living	3	HLTH 366	Principles of Nutrition	3
			HLTH 367	Human Sexuality	3
			HLTH 368	Drugs, Health & Human Behavior	3
			HLTH 469	Pathophysiology of Disease	3
10-546-104	Population Health & Wellness	3	HLTH 470	Community & Environmental Health	3
			HLTH 472	Epidemiology	3
			HHP 496	Internship	10
			HHP 497	Senior Capstone	0
				Focus Area	9
Electives					
10-546-109	Youth Wellness	3	HLTH 300	Maternal Child Health	3

10-544-103	Healthy Aging	3	HLTH 289	HLTH Elective	3
10-546-102	Behavior Change for Wellness	3	HLTH 289	HLTH Elective	3
10-546-108	Group Fitness Instruction	3	HHP 203	Group Fitness	1
10-546-103	Principles of Physical Conditioning	3	HHP 182	Weight Training	1
10-546-107	Health Coaching for the Wellness Professional	3	HHP 403	Health Coach	3
10-546-106	Health & Wellness Practicum	3	HHP 337	Practicum	2
10-546-113	Health Navigator	3	HHP 289	HHP Elective	3
10-546-111	Wellness Marketing & Entrepreneurship	3	HHP 289	HHP Elective	3
		54/55			50