

HEALTH AND WELLNESS TECHNICIAN

Program Number: 31-546-1

Technical Diploma (1 year)

Campus: West Bend

This program is eligible for financial aid (<http://www.morainepark.edu/financial-aid/>)

Moraine Park Technical College's Health and Wellness Technician program prepares students for a career in the growing fitness or chiropractic care fields.

About the Program

Whether you've got a passion for helping people or want to make the gym your office, a career in the health and wellness industry is calling your name.

Moraine Park's Health and Wellness Technician program focuses on wellness concepts, nutrition, human anatomy, theory/practice of fitness, customer service and health care technology systems. Students can choose an emphasis in fitness or chiropractic.

Upon completion of the technical diploma, students can become certified as an American Council of Exercise (ACE) Personal Trainer, ACE Group Fitness Instructor and/or become Wisconsin state certified in the chiropractic health setting in therapies and radiography.

The best part? You can begin a career with a faster than average job growth rate in less than a year!

What You'll Learn

In Moraine Park's Health and Wellness Technician program, students gain hands-on experience and learn up-to-date practices from instructors who currently work in the industry. Students learn how to create a culture of wellness within an organization, use holistic wellness strategies to guide behavior and lifestyle change in clients, and lead and evaluate personal and group fitness and strength training exercise sessions.

The program also prepares students with the knowledge they need to explain the causes of chronic disease and how to prevent and manage chronic disease through lifestyle and behavior changes, assist in patient education and office operations, and administer therapeutic modalities and radiographic imaging (chiropractic related course options).

The courses in this technical diploma transfer into the Health and Wellness (<https://catalog.morainepark.edu/programs/health-wellness-aas/>) associate degree.

Transfer Opportunities

Your academic journey can continue at a four-year college or university. Earn your associate degree at Moraine Park and then apply those credits toward a bachelor's degree. Starting at MPTC makes completing a bachelor's degree **affordable**, **accessible** and **convenient**. You can go anywhere as MPTC has transfer agreements with colleges and universities both in Wisconsin and throughout the country.

Visit the Transfer to a Four-Year College (<https://www.morainepark.edu/transfer-to-a-four-year-college/>) page for more information on credit

transfer agreements between Moraine Park and four-year colleges, both public and private.

Additional Information

State Certification Disclosure: Moraine Park Technical College offers programs designed to meet the educational requirements leading to licensure or certification that may be required for employment in certain professions. See Professional Licensure and Certification Disclosure (<https://catalog.morainepark.edu/professional-licensure-and-certification-disclosure/>) for more details.

Admission Process

Standard Admissions (<http://www.morainepark.edu/admissions/new-student/how-to-apply-for-admissions/>) steps details

Credit for Prior Learning

Transform the skills and abilities developed through previous experience into college credit through MPTC's Credit for Prior Learning process.

- Transfer credit from other colleges/universities
- Earn college credit for your military training and experience
- Earn college credit via Advance Placement, CLEP, DANTES/DSST or MPTC Challenge Exams
- Earn college credit from previous/current work and life experiences

Visit MPTC's Credit for Prior Learning (<https://www.morainepark.edu/academics/credit-for-prior-learning/>) page for more information.

Approximate Costs

Tuition

Occupational

- \$152.85 per credit (resident)
- \$229.28 per credit (out-of-state resident)

Associate of Arts/Associate of Science

- \$192.20 per credit (resident)
- \$288.30 per credit (out-of-state resident)

Online students are not charged out-of-state fees.

Student Fees

- \$5.00 minimum per course Material Fee
- \$13.76 per-credit Supplemental Fee for Undergraduate courses
- \$4.50 per term mandatory Student Accident Insurance Fee

Please refer to Tuition & Fee Information (<https://catalog.morainepark.edu/admissions-registration/tuition-fee-information/>) for additional enrollment fee information.

Financial Aid

Financial Aid is available for associate degree and technical diploma programs (those that are 2 semesters in length and typically with 28 credits or more). Processing can take 4-5 weeks after a student's completed Free Application for Federal Student Aid (FAFSA (<https://studentaid.gov/h/apply-for-aid/fafsa/>)) is received.

Several factors influence the total cost of your degree, including enrollment fees, the number of credits required, textbooks and equipment. Financial aid (<https://www.morainepark.edu/pay-for-college/financial-aid/>) can assist with those costs.

Course Requirements

Course	Title	Credits
Semester 1		
103-159	Computer Literacy - Microsoft Office	1
501-104	Contemporary Healthcare Practices	2
546-110	Natural Wellness Concepts	3
546-112	Nutrition for Health and Wellness	3
801-136	English Composition 1	3
890-101	College 101	2
Credits		14
Semester 2		
546-120	Advanced Wellness Concepts	3
546-122	Theory and Practice of Fitness	3
546-124 or 546-126	Chiropractic Technician or Strength Training and Group Fitness	3
546-128 or 546-130	Chiropractic Radiologic Technician or Fitness Testing and Prescription	3
806-189 or 806-177	Basic Anatomy or General Anatomy and Physiology	3-4
Credits		15-16
Total Credits		29-30

Program Outcomes

- Perform health and wellness assessments
- Implement health coaching
- Prescribe exercise programming
- Demonstrate workplace operation

Pathways

- Health and Wellness Associate Degree (<https://catalog.morainepark.edu/programs/health-wellness/>)
 - Health and Wellness Technician Technical Diploma (p. 1)
 - Chiropractic Technician Certificate (<https://catalog.morainepark.edu/programs/chiropractic-technician-certificate/>)

Earn a certificate, technical diploma and associate degree along this pathway. Start with some courses for entry-level employment, and continue with additional courses for higher wages and job advancement.

Career Opportunities

- Fitness Trainer
- Personal Trainer
- Physical Therapy Aide
- Chiropractic Technician
- Chiropractic Radiologic Technician

Statewide Median Salary for Recent Graduates

\$33,592