

# 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

Earn credits at MPTC and transfer to a four-year college to earn your bachelor's degree.

Visit the Transfer to a Four-Year College (<https://www.morainepark.edu/academics/transfer-information/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's Health and Wellness Technician program prepares students to obtain the educational requirements to pursue certification to be employed/practice in the state of Wisconsin. No determination has been made if the curriculum matches the educational requirements for preparation, examinations, or certification for other states. Visit the Accreditation (<http://www.morainepark.edu/about-mptc/accreditation/#accreditation>) page for more details about certification.

## Admission Process

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

## Credit for Prior Learning

Earn college credit outside the classroom through Moraine Park's Credit for Prior Learning (CPL) opportunities. Credit opportunities are available for:

- Previous college coursework from prior institutions
- Military training and experience
- Passing of MPTC or national exams
- Skills or knowledge developed on the job or through other life experiences

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

## Approximate Costs

### Tuition

#### Occupational

- \$146.20 per credit (resident)
- \$219.30 per credit (out-of-state resident)

#### Associate of Arts/Associate of Science

- \$188.90 per credit (resident)
- \$283.35 per credit (out-of-state resident)

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

### Student Fees

- \$4.50 minimum per course Material Fee
- \$12.50 per-credit Supplemental Fee for Undergraduate courses
- \$10 minimum per credit Online Course Fee (Fee suspended for 2023-2024)
- \$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. Visit the Financial Aid (<https://www.morainepark.edu/pay-for-college/financial-aid/>) page to learn more.

While attending Moraine Park during the 2023-24 school year, your estimated cost of attendance for one full year includes tuition of \$4,375 (15 credits for fall and spring semester), fees of \$338, food and housing of \$4,052 (if living with parents, \$9,614 if living on your own), books and supplies of \$2,061, personal expenses of \$2,245, and transportation of \$2,007 for a total of \$15,161. Your direct costs (those costs paid directly to the college) include tuition & fees. The indirect costs (costs not paid to the college) can vary from individual to individual and your own personal needs.

- Chiropractic Technician
- Chiropractic Radiologic Technician

## Statewide Median Salary for Recent Graduates

\$33,592

## Course Requirements

Course	Title	Credits
<b>Semester 1</b>		
501-104	Contemporary Healthcare Practices	2
501-107	Digital Literacy for Healthcare	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
<b>Credits</b>		<b>15</b>
<b>Semester 2</b>		
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
<b>Credits</b>		<b>15-16</b>
<b>Total Credits</b>		<b>30-31</b>

## 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