

# HEALTH AND WELLNESS

**Program Number:** 10-546-3

Associate of Applied Science Degree

**Campus:** West Bend

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

Pursue your passion for helping people promoting health and fitness—become a wellness coach, personal trainer or chiropractic technician in two years or less with a Health and Wellness degree from Moraine Park Technical College.

## About the Program

Whether you have 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 associate degree program is designed for students who want to learn how to coach clients in developing healthy lifestyle habits through proper nutrition, managing daily stress and becoming more physically active. Students can choose career pathways as a wellness coach and personal trainer or chiropractic technician.

Upon completion, 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 (<http://www.bls.gov/ooh/community-and-social-service/health-educators.htm>) in two years!

## What You'll Learn

In Moraine Park's Health and Wellness 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.

Upon completion of the Health and Wellness program, students will know how to plan, implement, and evaluate corporate, community, or individual wellness plans, assess personal fitness levels and prescribe exercise intervention plans, develop, deliver, and evaluate health and wellness educational sessions to small and large groups. Students will also learn to analyze key behaviors and implement social marketing campaigns designed to promote healthy lifestyles.

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.

## Transfer Opportunities

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

Visit the Transfer Opportunities (<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.

## Admission Process

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

This program also requires:

- Criminal Background Check

## 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

- \$141.00 per credit (resident)
- \$211.50 per credit (out-of-state resident)
- Online students are not charged out-of-state fees.
- Please refer to the MPTC Student Handbook (<http://www.morainepark.edu/studenthandbook/>) for additional enrollment fee information.

## Financial Aid

Financial Aid is provided to aid eligible associate degree and technical diploma programs with 28 credits or more. Processing can take 6-8 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.

## Course Requirements

Course	Title	Credits
<b>Semester 1</b>		
501-104	Culture of Healthcare	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>Semester 3</b>		
546-132	Wellness Coaching and Interviewing	3
546-134	Wellness Assessment Procedures Lab	3
546-136	Wellness Consultation	3
801-196	Oral and Interpersonal Communication	3
Behavioral Science Course ( <a href="https://catalog.morainepark.edu/academic-programming/general-education/behavioral-social-science/">https://catalog.morainepark.edu/academic-programming/general-education/behavioral-social-science/</a> )		3
<b>Credits</b>		<b>15</b>
<b>Semester 4</b>		
546-138	Health and Wellness Marketing and Promotion	3
546-140	Health and Wellness Internship	3
Social Science Course ( <a href="https://catalog.morainepark.edu/academic-programming/general-education/behavioral-social-science/">https://catalog.morainepark.edu/academic-programming/general-education/behavioral-social-science/</a> )		3
Social Science Course ( <a href="https://catalog.morainepark.edu/academic-programming/general-education/behavioral-social-science/">https://catalog.morainepark.edu/academic-programming/general-education/behavioral-social-science/</a> )		3
<b>Credits</b>		<b>12</b>
<b>Required Elective Credits</b>		
Required Elective Credits (can be taken any semester)		6
<b>Credits</b>		<b>6</b>
<b>Total Credits</b>		<b>63-64</b>

- 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

- Wellness/Health Coach
- Health and Fitness Specialist
- Personal Trainer
- Wellness and Health Promotion Coordinator
- Customer Care Specialist
- Community Health Educator
- Chiropractic Technician
- Physical Therapy Aide

## Statewide Median Salary for Recent Graduates

\$37,440

## Additional Program Requirements

First aid and BLS/CPR needs to be completed before taking Health and Wellness Internship.

## Program Outcomes

- Employ holistic wellness coaching strategies to implement behavior modification and lifestyle change in clients.
- Perform health and wellness assessments including fitness testing, body composition assessment, blood pressure screening, diet analysis, and health risk assessments.
- Explain the causes of chronic disease and how to prevent and manage chronic disease through lifestyle and behavior modification.
- Plan, implement, and evaluate corporate, community, or individual wellness plans.
- Assess personal fitness levels and prescribe exercise intervention plans.
- Develop, deliver, and evaluate health and wellness educational sessions to small and large groups.
- Analyze key behaviors and implement social marketing campaigns designed to promote healthy lifestyles.
- Assist in patient education and office operations.
- Lead and evaluate personal and group fitness and strength training exercise sessions. (Fitness emphasis)
- Administer therapeutic modalities and radiographic imaging. (Chiropractic emphasis)

## Pathways

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