

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 known 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

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's Health and Wellness 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

This program also requires:

- Criminal Background Check

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

- \$149.50 per credit (resident)
- \$224.25 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

- \$5.00 minimum per course Material Fee
- \$13.45 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. Visit the Financial Aid (<https://www.morainepark.edu/pay-for-college/financial-aid/>) page to learn more.

While attending Moraine Park during the 2024-25 school year, your estimated cost of attendance for one full year includes tuition of \$4,462 (15 credits for fall and spring semester), fees of \$338, food and housing of \$3,008 (if living with parents, \$9,147 if living on your own), books and supplies of \$1,465, personal expenses of \$3,608, and transportation of \$4,017 for a total of \$17,002. 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.

Course Requirements

Course	Title	Credits
Semester 1		
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
Credits		15
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
Semester 3		
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 (https://catalog.morainepark.edu/academic-programming/general-education/behavioral-social-science/)		3
Credits		15
Semester 4		
546-138	Health and Wellness Marketing and Promotion	3
546-140	Health and Wellness Internship	3
Social Science Course (https://catalog.morainepark.edu/academic-programming/general-education/behavioral-social-science/)		3
Social Science Course (https://catalog.morainepark.edu/academic-programming/general-education/behavioral-social-science/)		3
Credits		12

Required Elective Credits

Required Elective Credits (can be taken any semester)	6
Credits	6
Total Credits	63-64

Additional Program Requirements

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

Program Outcomes

- Perform health and wellness assessments
- Implement health coaching
- Prescribe exercise programming
- Plan and implement corporate and community wellness plans
- Deliver health and wellness informational sessions
- Design a health and wellness promotional campaign
- Demonstrate workplace operation
- 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/>)
 - 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

\$43,156