



Name: _____ Student ID #: _____ Date: _____

University Studies Requirements

Core Courses *completed within first 60 credits

Course	Credits	Grade	Planned to Take
WRIT 102 College Writing II _____	3	_____	_____
WRIT 209 Business and Professional Writing _____	3	_____	_____
HHP 102 Wellness and a Positive Lifestyle _____	3	_____	_____
COMM 110 Intro to Speech Communications _____	3	_____	_____
MATH/CSCI _____	3-4	_____	_____

Humanities

Course	Course Title	Credits	Grade	Planned to Take
History _____		3	_____	_____
Literature _____		3	_____	_____
World Language, Culture, & Philosophy _____		3	_____	_____

Social Science (6 cr) *must include 2 different prefixes*

Course	Course Title	Credits	Grade	Planned to Take
Course 1 _____		3	_____	_____
Course 2 _____		3	_____	_____

Natural & Physical Sciences

Course	Course Title	Credits	Grade	Planned to Take
Environmental _____		2	_____	_____
Lab _____		4	_____	_____

Fine & Applied Arts

Course	Course Title	Credits	Grade	Planned to Take
Art History, Criticism & Appreciation _____		3	_____	_____
Aesthetic Experience _____		3	_____	_____

Global Awareness & Diversity **may be fulfilled through other University Studies categories*

Course	Course Title	Credits	Grade	Planned to Take
Global Awareness _____		3	_____	_____
Diversity _____		3	_____	_____

Health and Wellness Management (comprehensive) Major Requirements

The major is offered through online study in collaboration with partner universities UW-Stevens Point, UW- LaCrosse and UW- River Falls. Additional information is available at <http://hwm.wisconsin.edu>.

60 total credits required to include:

Required courses (48 credits required):

Course	Course Title	Credits	Grade	Planned to Take
HWM 300	Introduction to Human Health	3		
HWM 305	The Wellness Profession	3		
HWM 310	Changes Across the Life Span Resource Management for Wellness Managers	3		
HWM 315	Health and Medical Terminology	3		
HWM 320	Health Literacy	3		
HWM 325	Worksite Health Environment Research Statistics for Wellness Managers	3		
HWM 335	Stress and Dependencies and Addictions	3		
HWM 350	Understand and Effecting Health Behavior Changes	3		
HWM 360	Marketing and communication for Wellness Managers	3		
HWM 370	Survey of Information Technology in Wellness	3		
HWM 385	Population Health for Wellness Managers	3		
HWM 405	Leadership and Change Management in Health	3		
HWM 430	Assessment and Evaluation for Wellness Managers	3		
HWM 460	Employee Health and Well Being Health Benefits for Wellness Managers	3		
HWM 475	Health coaching for Wellness Managers	3		
HWM 480	Health coaching for Wellness Managers	3		
HWM 485	Health and Wellness Capstone	6		

Notes: