



Health and Wellness Management Major
Academic Plan of Study
2019-2021 Catalog

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 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>.

61 total credits required to include:

Required courses (61 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	Wellness Managers	3		
HWM 320	Health and Medical Terminology	3		
HWM 325	Health Literacy	3		
HWM 335	Worksite Health Environment Physical Activity and Nutrition for Wellness Managers	3		
HWM 345	Research Statistics for Wellness Managers	3		
HWM 350	Stress and Dependencies and Addictions	3		
HWM 360	Understand and Effecting Health Behavior Changes	3		
HWM 370	Marketing and communication for Wellness Managers	3		
HWM 385	Survey of Information Technology in Wellness	3		
HWM 405	Population Health for Wellness Managers	3		
HWM 430	Leadership and Change Management in Health	3		
HWM 460	Assessment and Evaluation for Wellness Managers	3		
HWM 470	Health Benefits for Wellness Managers	3		
HWM 480	Health coaching for Wellness Managers	3		
HWM 485	Health and Wellness Management Fieldwork Prep	1		
HWM 493	Health and Wellness Management Fieldwork	3		
HWM 494	Health and Wellness Capstone	3		

Notes: