

Why Choose SUNY Oswego?

"Within a beautiful lakeside campus, students are surrounded by an encouraging, challenging, and open-minded environment. They come away more prepared, more knowledgeable, and more confident".

-Colleges of Distinction Group

Health Promotion & Wellness

The Health Promotion and Wellness Department offers a unique multidisciplinary major leading to the baccalaureate of science degree in wellness management. The program is designed to prepare students to assume roles as wellness/health promotion and fitness professionals in private business and industry, community organizations, and health care agencies.

Students may also continue with graduate work in health promotion, business administration, nutrition, physical therapy, allied health, and exercise science. Popular career paths also include public health, nursing and occupational therapy.

GRADUATION REQUIREMENTS

All students graduating from SUNY Oswego with a Wellness Management major must have:

- ✓ A minimum GPA of 2.0 for graduation (in major & cumulative)
- ✓ A minimum of **120** hours for degree purposes
- ✓ 42 credits of upper division work (300-400 level) from Oswego
- ✓ Maximum transfer credits of **60** from community college
- ✓ At least ½ of major credits taken at Oswego
- ✓ Major and cognate courses completed with a C- or better

Contact the following offices at SUNY Oswego for specific transfer information:

Transfer Services Coordinator

Corie Kohlbach
183 Marano Campus Center
315-312-3638
corie.kohlbach@oswego.edu

Transfer Success Advisors

Rosemarie Puppato
315-312-4951
rpuppato@oswego.edu

Scott Cunningham
315-312-2058

scott.cunningham@oswego.edu

Health Promotion & Wellness Department Chair

Sandra Bargainnier
105 Park Hall
315-312-6386
sandra.bargainnier@oswego.edu

Transfer Center

170 Marano Campus Center
<https://www.oswego.edu/transfer-services>

Information in this passport may change without notice. Students must complete all current SUNY Oswego program requirements in order to graduate.

"The contents of this passport were developed under grant P116F140327 from the U.S. Department of Education. However, those contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government."



FALL 2017

DUTCHESS COMMUNITY COLLEGE

Dutchess Community College:
Exercise Science & Wellness A.S.

Passport to Oswego



SUNY Oswego:
Wellness Management B.S.



STEPS FOR EFFICIENT TRANSFER

1. Print out current degree plan.
2. Check off the courses you have completed
3. Schedule a meeting with a Transfer Counselor at DCC.
4. Make sure your remaining DCC courses meet Oswego Course Equivalents. (Consult the course equivalency table in this passport)
5. **Complete SUNY Gen Ed Requirements at DCC to be exempt from Gen Ed at Oswego! (See below for more information, or speak with an advisor)**
6. Apply to SUNY Oswego as you near the completion of your CC degree, and speak with a Transfer Success Advisor.
7. **Complete your DCC degree.**

Contact the following offices at DCC for specific transfer information:

Academic Coaching & Transfer Center

301 Orcutt Student Services Center
845-431-8600
Fax: 845-431-8046

Coordinator of Transfer Services

Roza Makhmudova
Academic Coaching & Transfer Center
301 Orcutt Student Services Center
845 431-8695
roza.makhmudova@sunydutchess.edu

GENERAL EDUCATION INFORMATION

- ✓ Students who have **not** completed the SUNY Gen Ed Requirements must complete Oswego's Gen Ed program.
- ✓ Courses taken at 2-year school will **not transfer as upper division credit at Oswego**. These courses will transfer as lower division credits.

Below are the recommended courses students should take at DCC with their SUNY Oswego equivalencies.

Dutchess CC Courses		Oswego Course Equivalents
First Year: 32 cr.		
BHS 103: Social Problems	(3 cr.)	SOC 280
BIO 105: General Biology I	(4 cr.)	BIO 120
BIO 106: General Biology II	(4 cr.)	BIO 220
ENG 101: Composition I	(3 cr.)	ENG 102
ENG 102: Composition II	(3 cr.)	ENG 204
ESW 100: Exercise Seminar	(1 cr.)	Transfer Credit
ESW 101: Intro to Exercise Sci	(2 cr.)	Transfer Credit
HED 134: First Aid, Safety & CPR	(3 cr.)	HSC 243
HED 201 OR Phy Ed	(3 cr.)	Transfer Credit
PSY 111: Psychological Prin I	(3 cr.)	PSY 100
WFE 101: Lifetime Wellness	(3 cr.)	Transfer Credit
Second Year: 32 cr.		
American History	(3 cr.)	Transfer Credit
BIO 209: Anatomy	(4 cr.)	ZOO 305 Δ
BIO 210: Physiology	(4 cr.)	ZOO 306 Δ
BIO 122: Nutrition	(3 cr.)	HSC 315 Δ
ESW 201: Exercise Testing	(3 cr.)	Transfer Credit
ESW 202: Exercise Prescription	(3 cr.)	Transfer Credit
Free Elect (BIO 103/ ECO 201)*	(3 cr.)	(BIO 203/ECO 101)
General Elective	(3 cr.)	Transfer Credit
MAT 118: Elementary Stats	(3 cr.)	MAT 158
SPE 101: Public Speaking	(3 cr.)	COM 210

*Suggested elective for Wellness Management at Oswego
Δ Does NOT meet SUNY Oswego upper division credit

Course completed at DCC: ✓
Depends on the elective chosen: (✓)

Remaining Coursework at SUNY Oswego

Core Requirements: 21 Credits

HSC 101: Intro to Health Promotion & Wellness
HSC 310: Disease: Lifestyle & Environment
HSC 332: Essentials of Exercise Physiology
HSC 448: Health Promotion Program Planning
HSC 470: Wellness Skills: Application & Assessment
HSC 488: Evaluation & Research in Health Promotion
Select one under advisement:
HSC 397: Exploration Practicum in Wellness Management
HSC 498: Internship in Wellness Management

Elective Requirements: ~~18 to 20~~ 9 Credits

Select one course from the following:

COM 316/ HSC 230/ TEL 130/ TED 209

Select one course from the following:

HSC 232/ HSC 315/ HSC 353/ HSC 460 ✓

Select one courses from the following:

HSC 333/ HSC 343/ HSC 363/ HSC 386

Select one courses from the following:

HDV 313/ PSY 340/ PSY 343/ PSY 345

Select one sequence:

Sequence A- ZOO 305 ✓ & ZOO 306 ✓

Sequence B- HSC 120 & HSC 334

Cognate Requirements: ~~18~~ 12 Credits

BIO 203: Human Bio (✓) MGT 261: Bus Org
ECO 101: Prin of Microeco (✓) MKT 250: Marketing Prin
HRM 385: Org Behav PSY 100: Intro to Psy ✓

Graduation Requirements: 18 Credits

5 Upp Div Elective
Elective

Suggested Course Schedule to Complete Wellness Management B.S. Requirements

Semester 1: 15cr

HSC 101 (3cr)
HSC 310 (3cr)
HSC 332 (3cr)
ECO 101/BIO 203 (3cr)
HSC 333/343/363/386 (3cr)

Semester 2: 15cr

Upp Div Elect (6cr)
MGT 261 (3cr)
ECO 101/BIO 203 (3cr)
COM 316/HSC 230/ TEL 130/
TED 209 OR BIO 203 (3cr)

Semester 3: 15cr

Upp Div Elect (6cr)
HSC 448(3cr)
HRM 385 (3cr)
HDV 313/PSY 340/
PSY 343/345 (3cr)

Semester 4: 15cr

HSC 488 (3cr)
HSC 498 (3cr)
HSC 470 (3cr)
Elective (3cr)
Upp Div Elect (3cr)