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

**Health Promotion & Wellness Department Chair**
Sandra Bargainnier
105 Park Hall
315-312-6386
sandra.bargainnier@oswego.edu

**Transfer Success Advisors**
Rosemarie Pupparo
315-312-4951
rpupparo@oswego.edu
Scott Cunningham
315-312-2058
scott.cunningham@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.”

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**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

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**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.
Dutchess CC Courses | Oswego Course Equivalents
---|---
American History (3 cr.) | Transfer Credit
BO 209: Anatomy (4 cr.) | ZDO 305A
BO 210: Physiology (4 cr.) | ZDO 306A
BO 122: Nutrition (3 cr.) | HSC 315A
EWS 201: Exercise Testing (3 cr.) | Transfer Credit
EWS 202: Exercise Prescription (3 cr.) | Transfer Credit
Fine Arts (BO 103/ECO 201)* (3 cr.) | (BO 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 SUNY Oswego
△ Does NOT meet SUNY Oswego upper division credit

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

### 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.

**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.

### 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
  845-431-8095
  roza.makhmudova@sunydutchess.edu

**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 489: 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 Credits

**Select one course from the following:**
- COM 316/HSC 230/TED 130/TED 209

**Select one course from the following:**
- HSC 232/HSC 335/HSC 353/HSC 460

**Select one course from the following:**
- HSC 333/HSC 343/HSC 363/HSC 386

**Select one course from the following:**
- HDV 313/PSY 340/PSY 343/PSY 345

### Select one sequence:
- Sequence A: ZDO 305A & ZDO 306A
- Sequence B: HSC 120 & HSC 334

### Cognate Requirements: 18 to 12 Credits
- BIO 203: Human Bio
- ECO 101: Prin of Microeco
- 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**

<table>
<thead>
<tr>
<th>Semester 1: 15cr</th>
<th>Semester 2: 15cr</th>
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<tbody>
<tr>
<td>HSC 101 (3cr)</td>
<td>Upp Div Elect (6cr)</td>
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<tr>
<td>HSC 310 (3cr)</td>
<td>MGT 261 (3cr)</td>
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<tr>
<td>HSC 332 (3cr)</td>
<td>ECO 101/BIO 203 (3cr)</td>
</tr>
<tr>
<td>ECO 101/BIO 203 (3cr)</td>
<td>COM 316/HSC 230/TED 130/TED 209 OR BIO 203 (3cr)</td>
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<tr>
<th>Semester 3: 15cr</th>
<th>Semester 4: 15cr</th>
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<tbody>
<tr>
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<td>HSC 488 (3cr)</td>
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<tr>
<td>HSC 448 (3cr)</td>
<td>HSC 498 (3cr)</td>
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<tr>
<td>HRM 385 (3cr)</td>
<td>HSC 470 (3cr)</td>
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<tr>
<td>HDV 313/PSY 340/PSY 343/345 (3cr)</td>
<td>Elective (3cr)</td>
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