

**Bachelor of Science in Wellness and Health Promotion**

**Major Core Requirements**

Oakland University Courses	Southwestern Michigan College Courses
WRT 1060	ENGL 104
STA 2220	MATH 150
PSY 1000	PSYC 101
NTR 2500	HEED 163

**TRANSFERRING WITH THE MICHIGAN TRANSFER AGREEMENT (MTA):**

When choosing to complete MTA to satisfy General Education, please confirm the best courses to take to fulfill the agreement with your academic adviser at Southwestern or at the [Southwestern MTA Approved Courses](#) website. In order to completely satisfy OU's transferable General Education requirements when following this major guide, please reference the [Southwestern General Education Transfer Guide](#) and select one course from OU's **Knowledge Applications** category.

**Additional course requirements for MTA when following this major guide**

**(minimum 30 credit hours required for MTA):**

(ENGL 103 or 103W)

Two MTA Approved Natural Sciences courses

One MTA Approved Social Sciences course

Two MTA Approved Humanities courses

**TRANSFERRING WITHOUT MTA:**

If you intend to transfer without MTA, you can choose to complete additional coursework to fulfill OU's individual General Education categories instead. When following this major guide, please reference the [Southwestern General Education Transfer Guide](#) for the Southwestern courses that satisfy these specific OU General Education categories:

- Arts
- Language and Culture
- Literature
- Western Civilization
- Knowledge Applications

**NOTES:**

Please contact the School of Health Sciences Academic Advising office at 248-370-2369, email [shs@oakland.edu](mailto:shs@oakland.edu), or visit their [website](#) for more information regarding your major program.

Students may transfer an unlimited amount of credit from Southwestern, and must complete a minimum of 45 credit hours from OU to meet degree requirements. As programs may limit how much transfer credit can be used toward requirements, **it is highly recommended that students work with both an OU academic adviser and their Southwestern academic adviser to maximize the applicability of coursework to specific requirements.**

Students must have a minimum cumulative transfer GPA of 2.5 in order to be admitted to the Wellness and Health Promotion curriculum.

OU's Wellness and Health Promotion program is ranked within the top 10 programs in the country, and is accredited with the National Wellness Institute.

Earn a Master of Public Health (MPH) in addition to a bachelor's degree with the [WHP to Public Health 4 + 1 program!](#)

Oakland University will always honor the **MACRAO transfer agreement** and apply it to the General Education requirement the same as MTA.

OU's [ECLIPSE program](#), a unique community-engaged leadership initiative, is one of only a few health-science specific leadership programs in the country.