

## Exhibit 1

1. Complete degree requirements per Macomb's Health and Wellness Associate of Applied Science degree (HWP). For maximum transferability and efficiency please follow the outline listed below as elective options have been chosen to best suit OU's program.

February 1<sup>st</sup>, 2023-January 31<sup>st</sup>, 2026

<b>Semester 1</b>	<b>Semester 3</b>
ENGL 1180 or 1210- 3 credit hours (ch)	BIOL 2710- 6 ch
BIOL 1000- 4 ch	SOCY 1010- 4 ch
WHES 2022- 3 ch	WHES 2015- 3 ch
WHES 2032- 3 ch	WHES 2050- 3 ch
WHES 2042- 2 ch	
<b>Total Semester Credits Hours 15</b>	<b>Total Semester Credit Hours 16</b>
<b>Semester 2</b>	<b>Semester 4</b>
ENGL 1190 or 1220- 3 ch	PSYC 1010- 4 ch
MATH 1100 or MATH 1100X - 4 ch	MTA Approved Humanities- 3 ch
WHES 2070- 3 ch	MTA Approved Humanities- 3 ch
WHES 2024- 3 ch	WHES 2016- 3 ch
WHES 2085- 2 ch	WHES 2086- 3ch
<b>Total Semester Credit Hours- 15</b>	<b>Total Semester Credit Hours- 16</b>
	<b>Semester 5</b>
	MTA Approved Science- 4 ch
	<b>Total Semester Credit Hours- 4</b>
	<b>Grand Total- 66 credit hours</b>

2. Completion of the Associate Degree in HWP will secure the following benefits towards the Wellness and Health Promotion program (WHP)
  - a. EHS 3001/MGT1100 requirement will be satisfied
  - b. HS 2000 will be satisfied
  - c. NTR 2500 will be satisfied
  - d. HS 2150 will be satisfied
3. Work with a School of Health Sciences academic adviser to develop an individualized plan to meet WHP major requirements and OU requirements for graduation. 58 credits remain to complete the degree.

### MTA Notes

- Students who complete Michigan Transfer Agreement (MTA) allows you to satisfy OU's general education requirements (with the exception of a writing intensive course in the major and a capstone course, and you must either transfer in a course for the knowledge applications requirement or take a course at OU). To fulfill the MTA, you must successfully complete at least 30 credits, with at least a C or 2.0 grade in each course.
- MTA courses have been selected to maximize credit efficiency.
- Students who choose not to complete the MTA may need to satisfy additional General Elective requirements upon transferring to OU.