

WELLNESS MINOR

* (<http://catalog.missouriwestern.edu/undergraduate/liberal-arts/fine-arts/studio-bfa/>) Effective Fall 2020, this minor is being phased out and has a 3-year teach out plan. More information can be found here (<https://www.missouriwestern.edu/acadaff/phased-out-programs/>).

With renewed interest in the health of the nation, burgeoning health costs, and recent developments in preventative and remedial strategies for a variety of lifestyle-related diseases (heart disease, obesity, cancer, osteoporosis, and sexually transmitted diseases), there is a growing need for individuals trained in the field of wellness. A minor in wellness could be especially helpful for students majoring in nursing, recreation sport management, psychology, biology (pre-medicine or pre-physical therapy), or management, or for students who wish to self-implement a wellness program.

| Code | Title | Credit Hours |
|--|--|--------------|
| Minor Requirements | | |
| BIO 250 | Anatomy and Physiology | 5 |
| PED 304 | Physiology of Exercise | 3 |
| Select a minimum of ten credit hours from the following: | | 10 |
| PED 294 | Drug Education | |
| PED 303 | Kinesiology | |
| PED 317 | Principles of Strength Training and Conditioning | |
| or PED 318 | Principles of Aerobic Training | |
| or PED 327 | Exercise Prescription for Special Populations | |
| PED 352 | Fitness and Sports Nutrition | |
| or PED 374 | Psychology of Sport | |
| PED 388 | Community Health | |
| PED 401 | Graded Exercise Testing | |
| PED 391 | Personal and Environmental Health | |
| PED 480 | Practicum in Physical Education | |
| PSY 220 | Health Psychology/Stress Management | |
| Total Credit Hours | | 18 |

NOTE: The HPER department may require of their students in major and minor programs of study that are enrolled in certain classes that will be going out for applied learning experiences, internship and/or practicums to obtain at their cost an appropriate professional conduct, background checks, and fingerprinting. This requirement is to be completed before HPER students engage with students, clients and all other participants in their programs.

University Graduation Requirements

1. Have a valid and declared major on file (minors cannot be awarded in the same areas as the major, emphasis or concentration).
2. Earn a minimum of 3 credit hours beyond the major, emphasis, concentration and/or general studies requirements.
3. Earn a minor GPA of at least 2.0.