

WELLNESS MINOR

Requirements

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
EXS 304	Physiology of Exercise	3
Select a minimum of ten credit hours from the following:		10
ALH 320	Community and Public Health	
EXS 294	Drug Education	
EXS 303	Kinesiology	
EXS 317	Principles of Strength Training and Conditioning	
or EXS 318	Principles of Aerobic Training	
or EXS 327	Exercise Prescription for Special Populations	
EXS 352	Fitness and Sports Nutrition	
or ALH 352	Applied Nutrition	
EXS 373	Psychology of Exercise	
or EXS 374	Psychology of Sport	
EXS 391	Personal and Environmental Health	
EXS 401	Graded Exercise Testing	
EXS 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.

Program Graduation Requirements

1. Earn a grade of C or higher in all minor coursework.

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.