

HEALTH AND WELLNESS MINOR

A minor in Health and Wellness allows undergraduate students to enhance or complement their current major(s) to more closely align with their intended career path. The minor consists of 18 credit hours, and provides an overview of the study of Health and Wellness through topics such as nutrition, exercise, gender, aging, and illness.

Requirements

Course ID	Title	Credits
Select three of the following:		9
KINE 1800	Wellness in Contemporary Am	
KINE 2010	Social Aspects of Health	
KINE 2220	Mind/Body Health	
KINE 2230	Stress Management	
Select three of the following:		9
KINE 2330	Nutrition and Behavior	
KINE 3110	Exercise & Sport Psychology	
KINE 3220	Global Health	
KINE 3250	Gender Based Issues in Health	
KINE 3330	Epidemiology of Aging	
KINE 3500	Cultural Difference in Healing	
KINE 3600	Economics of Health & Wellness	
KINE 3650	Childhood Obesity	
KINE 4010	Catastrophic Illness & Injury	
KINE 4050	Mass Media and Health	
KINE 4200	Mental Health	
KINE 4250	Environmental Health	
KINE 4600	Wellness Coaching: Resist Chng	
KINE 4650	Grant Writing	
Total Credit Hours		18