

MINOR IN HEALTH AND WELLNESS (6 COURSES)

Students complete the following six (6) required courses:

- BIOL 142 Introduction to Human Biology or BIOL 235 Principles of Human Physiology or BIOL 241 Human Anatomy and Physiology I
- HLTH 110 Wellness for Life
- HLTH 206 Wellness Behavior
- HLTH 326 Drugs, Alcohol, and Addictive Behavior
- NUTR 110 Fundamentals of Nutrition Science
- Choose one (1) additional elective course from:
 - BIOL 242 Human Anatomy and Physiology II
 - HLTH ____ Health and Wellness course
 - NUTR ____ Food and Nutrition
 - PSYC 245 Health Psychology
 - NUTR 333 Nutrition and Chronic Disease