MINOR IN HEALTH AND WELLNESS
(6 Courses)

Notes:
• Courses in the minor may also be used to fulfill General Education (Gen. Ed.) requirements (see notation following course title). Depending on a student’s major some Gen. Eds. may already be fulfilled.
• A minimum of three (3) course-credits (12 semester hours) in the minor must be completed at Framingham State University to meet the residency requirement.

Five (5) required courses:

________ BIOL 142/142L Intro. to Human Biology with Lab (Gen. Ed. II-B/Lab)
   or BIOL 235/235L Principles of Human Physiology (Gen. Ed. II-B/Lab)
   or BIOL 241/241L Human Anatomy and Physiology I (Gen. Ed. II-B/Lab)
________ HLTH 110 Wellness for Life (Gen. Ed. III-B)
________ HLTH 206 Wellness Behavior
________ HLTH 326 Drugs, Alcohol, and Addictive Behavior
________ NUTR 110 Fundamentals of Nutrition Science (Gen. Ed. II-B)

Choose one (1) from the following:

________ BIOL 242 Human Anatomy and Physiology II
________ HLTHxxx Health and Wellness course
________ NUTRxxx Food and Nutrition course
________ PSYC 245 Health Psychology
________ NUTR 333 Nutrition and Chronic Disease