

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 TR 333 Nutrition and Chronic Disease