

## 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)
	<b><u>or</u></b> BIOL 235/235L	Principles of Human Physiology (Gen. Ed. II-B/Lab)
	<b><u>or</u></b> 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