

WELLNESS AND PREVENTION (MINOR)

This minor provides students with key concepts that impact mental and physical well-being. Students will study foundations for health and explore practices to prevent illness and disease. Obstacles and opportunities for health behavior change are addressed. NOTE: This minor may not be declared with the following majors: B.S., Health & Wellness, B.S. Human Services: Wellness and Prevention, and B.S. Psychology: Wellness & Prevention.

Students will have the opportunity to:

1. Determine the evidence-based best practices that are common to the field of health and wellness.
2. Recognize the health-related problems of an individual, a community or agency.
3. Apply knowledge of health and wellness concepts to determine interventions that affect behavior change and enhance the overall well-being of an individual or group.

Minor Requirements

Code	Title	Credits
HLTC 560	Health Behaviors: Theoretical Foundations for Health Education	4
HLTC 620	Needs Assessment and Strategies for Health Education and Promotion	4
SCI 502	Nutrition and Health	4
HLTC 612 or SCI 603	Population Health Advanced Human Physiology & Wellness	4
Select one of the following:		4
HLTC 550	The Emerging U.S. Health Care System	
MATH 504	Statistics	
SCI 604	Principles of Exercise Science	
SCI 610	Contemporary Issues in Personal and Global Health	
SCI 615	Fitness and Health	
Total Credits		20