A minor in Wellness and Health Education requires the following courses:

IDS 285  PERSPECTIVES IN PERSONAL AND GLOBAL HEALTH  4 sh
HED 230  PERSPECTIVES IN HEALTH PROMOTION: FOUNDATIONS TO FUNCTION  4 sh
HED 350  PROGRAM ASSESSMENT, EVALUATION AND DESIGN  4 sh
EDU 450  TEACHING DIVERSE LEARNERS IN MIDDLE AND SECONDARY SCHOOLS  4 sh

Note: Students planning to pursue becoming a Certified Health Specialist (CHES) should take a research course related to the field.

Eight hours chosen from the following courses: a maximum of two, 2 semester hour courses listed below: 8 sh

COR 324  SUBSTANCE ABUSE AND HUMAN BEHAVIOR  4 sh
COR 326  HUMAN SEXUALITY  4 sh
COR 406  WOMEN'S HEALTH ISSUES  4 sh
EDU 211  SCHOOL AND SOCIETY  4 sh
HED 235  INACTIVITY: THE THREAT OF A MODERN LIFESTYLE  4 sh
PEH 324  NUTRITION  4 sh

Two semester hour course options:

HED 111  CONTEMPORARY WELLNESS ISSUES  2 sh
HED 112  CONTEMPORARY ISSUES IN WELLNESS: HEALTH RELATED FITNESS  2 sh
HED 113  CONTEMPORARY ISSUES IN WELLNESS: HEALTH AND THE HUMAN SPIRIT  2 sh
HED 114  CONTEMPORARY ISSUES IN WELLNESS: PERSONAL HEALTH ASSESSMENT  2 sh
HED 115  CONTEMPORARY ISSUES IN WELLNESS: STRESS AND WELL-BEING  2 sh
HED 116  CONTEMPORARY ISSUES IN WELLNESS: FUNDAMENTALS OF WELLNESS COACHING  2 sh
PEH 211  FOUNDATIONS OF PHYSICAL EDUCATION AND HEALTH  2 sh
PEH 362  HEALTHFUL LIVING IN THE ELEMENTARY SCHOOL  2 sh

TOTAL CREDIT HOURS: 24