Health and Wellness Minor
(19 hrs. required)

Core (10 hours)

HS 170 First Aid (1)
HS 262 Personal Health (3)
HS 263 Nutrition and Hunger (3)*
KIN 100 Concepts of Health and Fitness (3) or KIN 278 Sport and Human Behavior (3)

The remaining hours (9) must come from the following:

HS 351 Safety Education (3) – Spring only
HS 361 School and Community Health (3) - Fall only
HS 362 Drug Education (3)
HS 363 Sports Nutrition (3) (University Writing Course)
HS 462 Public Health (3) – Summer only
HS 463 Human Sexuality (3) - Summer only (on-line)
HS 494 Directed Study (3)
LS 397 Intergenerational Recreation/Wellness (3)
LS 472 Legal Issues in Sports/Recreation (3) (University Writing Course)
KIN 380 Kinesiology (3)^
KIN 381 Evaluation and Measurement in HPE (3)
KIN 475 Organization and Administration of Health and Physical Education (University Writing Course)
KIN 477 Water Safety Instructor (3) - Spring only
KIN 495 Internship (3)

*HS 263 is a pre-requisite for HS 363.
^This course requires the pre-requisite of BMD 114 or BMD 110 or BMD 251 which is not included in the minor.