

University of South Alabama – College of Education and Professional Studies  
Department of Health, Kinesiology and Sport  
**Health and Wellness Minor**

**Hours Required: 19**

**Core (10 hours)**

HS 170	First Aid	1
HS 262	Personal Health	3
KIN 263*	Nutrition and Hunger	3
KIN 100	Concepts of Health and Fitness	3
<b>OR</b>		
KIN 278	Sport and Human Behavior	3

**9 hours from the following:**

HS 351	Safety Education- <i>Spring Only</i>	3
HS 361	School and Community Health- <i>Fall Only</i>	3
HS 362	Drug Education	3
KIN 363	Sports Nutrition-W	3
HS 462	Public Health- <i>Spring and Summer (Online)</i>	3
HS 463	Human Sexuality- <i>Summer only (Online)</i>	3
HS 494	Directed Study	3
RTH 397	Intergenerational Recreation/Wellness-W	3
SM 472	Legal Issues in Sports/Recreation-W	3
KIN 380**	Kinesiology	3
KIN 381	Evaluation and Measurement in HPE	3
KIN 475	Organization and Administration of Health and PE-W	3
KIN 477	Water Safety Instructor- <i>Spring Only</i>	3
KIN 495	Internship	3

W-University writing course

\*KIN 263 is a pre-requisite for KIN 363.

\*\*KIN 380 requires the pre-requisite of BMD 114 or BMD 110 or BMD 251, which are not included in the minor.

Revised 10/28/21