

# Health and Wellness Minor

Health & Wellness Management are fast growing fields (approx. 13% faster than average according to the Occupational Outlook Handbook). Preventative medicine is a way to improve health outcomes and to reduce healthcare costs by teaching people healthy behaviors and explaining how to use available healthcare service.

With a Health & Wellness minor, students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Understand the physiologic processes that regulate human exercise tolerance.
- Design, implement, and evaluate personal wellness and fitness programs.
- Participate in movement and wellness activities.
- Obtain a certificate of their choice in special topics capstone.

**Program:** Allied Health

**Type:** Minor

Item #	Title	Credits
PHED 112	Lifetime Fitness and Dance	3
BIOL 123	Nutrition	3
PSYC 138	Healthy Relationships	3
PHED 226	Techniques of Teaching Fitness and Weight Training	3
EXER 310	Health and Wellness Coaching	3
EXER 322	Introduction to Exercise Physiology	3
EXER 448	Special Topics in Personal Training	3
<b>Total credits:</b>		<b>21</b>