

# 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

| <b>Item #</b> | <b>Title</b>                                       | <b>Credits</b> |
|---------------|--|----------------|
| 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>      |