

# HEALTH AND WELLNESS MINOR

---

There are many barriers to the maintenance of health and wellness in today's society. Challenges include the rising incidence of many chronic diseases, soaring healthcare costs, and the mental health crisis. In this minor of study, students will gain exposure to information literacy techniques through locating and analyzing scholarly literature related to health and wellness. Students will develop critical thinking and problem-solving skills as they work collaboratively to consider solutions to some of the biggest problems in today's health arena. Depending which courses are chosen from the approved list for this minor, students may also have the opportunity to: 1) utilize equipment in the analytical science lab and the EMS lab, 2) explore global impacts of health issues, 3) understand how to utilize preventative health promotion strategies such as exercise and nutrition, and/or 4) analyze and understand healthcare from a business/industry standpoint.

## Health and Wellness Minor Requirements:

### Required Courses:

SCI 251	Biology I Principles of Biology	3
SCI 383	Human Health and Disease	3
<b>Students must pick 2 courses from the list below:</b>		
PSY 355	Introduction to Psychopathology	3
or PSY 375	Health Psychology	
SCI 275	Introduction to Healthcare: Clinical and Business Perspectives	3
SCI 352	Exercise Physiology	3
SCI 353	Human Muscles and Movement	3
SCI 354	Fundamentals of Nutrition	3
or SCI 386	Sports Nutrition	
SCI 402 & SCI L402	Applied Nutrition in Health and Disease and Applied Nutrition in Health and Disease Laboratory	4
SCI 466	Global Health Challenges	3

A minimum of 12 credit hours is required for the minor.

\*\*In total, the minor requires four 3-credit lecture courses (minimum of 12 credits). However, if students elect to take SCI 402: Applied Nutrition in Health and Disease as one of the optional courses for this minor, they will also be required to complete the 1-credit SCI L402: Applied Nutrition in Health and Disease laboratory.