

HEALTH MINOR

Health and Human Enrichment

This minor provides a survey of personal health and wellness issues, choices, and outcomes.

Please see complete information on all of the requirements (<https://coursecatalog.plymouth.edu/undergraduate-programs/minors/>) to earn a minor at Plymouth State University.

Course	Title	Credits
Minor Requirements		
PEHE 2000	Wellness Choices for Healthy Living (WECO)	3
Choose one from the following:		1.5-3
HE 2500	First Aid and CPR/AED	
HE 3670	CPR/AED & First Aid; Basic and Instructor Training (WECO)	
Content Courses		
Select four of the following:		12
HE 2900	Disease, Safety, and Environment (WECO)	
HE 3200	Stress Management (WECO)	
HE 3210	Mental Health Issues (WECO)	
HE 3220	Applied Nutrition for Healthy Living (TECO)	
HE 3700	Drug Behavior (WECO)	
HE 3730	Sex and Family Living (WECO)	
HE 4100	Women's Health Issues (WECO)	
HE 4080	Lifestyle and Wellness Coaching	
AHS 3305	Epidemiology and Evidence Based Medicine (GACO,QRCO,WRCO)	
HE 3110	Eating Disorders and Disordered Eating (WECO)	
Total Credits		16.5-18