

HEALTH MINOR

Health and Human Enrichment

This minor program is intended for one's personal growth, development and "wellness".

Course	Title	Credits
Minor Requirements		
HE 2500	First Aid and CPR/AED	1.5
PE 2850	Wellness Choices for a Healthy, Active Lifestyle (WECO)	3
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 3710	Sex and Family Living Education	
HE 4100	Women's Health Issues (WECO)	
PE 4010	Exercise and Health Psychology (INCO)	
Total Credits		16.5