MINOR IN WELLNESS

18 Credits Required
The wellness minor addresses personal behaviors and environmental conditions that affect the quality of personal and public health. It is intended to increase the capacity of the individual to adopt health-benefiting behaviors and lifestyles.

Required
PCH 201 — Wellness

Select 15 credits from:

• PCH 200 — Introduction to Nutrition
• PCH 204 — Food Selection and Preparation
• PCH 265 — Illness and Disease
• PCH 270 — Stress Management
• PCH 273 — Weight Management
• PCH 280 — Human Sexuality
• PCH 349 — Men’s Health
• PCH 350 — Women’s Health
• PCH 356 — Maternal and Child Health
• PCH 450 — Death, Dying, and Bereavement
• PCH 492 — Health and the Aging