MINOR IN WELLNESS

18 Credits Required

PCH 201 — Wellness

Select 15 credits from:
PCH 200 — Introduction to Nutrition
PCH 204 — Nutrition and Healthy Cooking
PCH 265 — Illness and Disease
PCH 270 — Stress Management
PCH 273 — Weight Management
PCH 280 — Human Sexuality

PCH 292 — Health and the Aging

PCH 348 — Death, Dying, and Bereavement
PCH 349 — Men's Health
PCH 350 — Women’s Health
PCH 356 — Maternal and Child Health