

# MINOR IN WELLNESS

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## Minor in Wellness

### Program Director

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The minor consists of 20-22 credit hours. You'll take a combination of nutrition, human performance and exercise science courses to begin. Personalize the focus on your minor by choosing any two activities classes and one course in either community health, food and culture, mindfulness or comparative health systems.

COURSE	TITLE	S.H.
Required		
FNUT 1551	Normal Nutrition	3
KSS 1590	Foundations of Fitness	3
PHLT 1568	Healthy Lifestyles	3
KSS 2605	Sports First Aid and Injury Prevention	3
KSS 4875	Exercise Counseling and Behavioral Strategies	4
Choose any two KSS activity classes. These classes include but are not limited to:		2
KSS 1509	Meditation	1
KSS 1552	Yoga	1
KSS 1557	Weight Training	1
KSS 1565	Self Defense	1
KSS 1550	Pilates	1
KSS 1508	Group Cycling	1
Choose one of the following:		
PHLT 3791	Community Health	3
FNUT 5862 & 5862L	Food and Culture and Food and Cultures Laboratory	3
KSS 3725	Mindfulness	2
AHLT 5840	Comparative Health Systems	3

**Total Semester Hours - 21-22**