Health Promotion and Education Minor \textit{minor}

Required Credits: 21  
Required GPA: 2.00

\textbf{I REQUIRED COURSES}

\textbf{COMPLETE THE FOLLOWING COURSES:}

- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)  
- HLTH 3200 Personal and Consumer Health (3 credits)  
- HLTH 3300 Nutrition (3 credits)  
- HLTH 3500 Community Health (3 credits)  
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)  
- HLTH 4410 Health Programming (3 credits)

\textbf{II REQUIRED OPTION}

Select one of the following options (Community Health and Health Education majors may not double count courses in either option).

\textbf{Option A: Promotion}

Select 3 of the following courses:

- HLTH 2800 Multicultural Health in America (2 credits)  
- HLTH 3400 Health and Drugs in Society (2 credits)  
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)  
- PHED 2200 A Lifestyle for Wellness (2 credits)  
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)  
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)  
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)  
- PSY 2200 Human Sexuality (3 credits)  
- PSY 2217 Abnormal Psychology (4 credits)  
- PSY 3237 Lifespan Development (4 credits)  
- PSY 3367 Social Psychology (3 credits)  
- PSY 3387 Topics in Psychology (1-4 credits)  
- INST 1107 Introduction to Turtle Island (3 credits) (or other INST courses up to 6 credits total in consultation with advisor.)

Up to 6 credits of NRSG accepted; note that most NRSG courses are for Nursing majors only.

\textbf{Option B: Pedagogy}

Complete the following courses:

- HLTH 4206 Secondary School Health (2 credits)  
- HLTH 4970 Internship (1-12 credits)