

Minor in Foundations in Mind-Body Wellness

18 credits total, 9 credits must be Upper Level

Required

Any WELL 10X (1 credit)*

WELL 380 Foundations in Mind-Body Health and Wellness (3 credits) OR WELL 382 The Limitless Mind (3 credits)**

Optional

Any course listed below to get to 18 credits (9 credits U/L)

* Up to three credits total

** Both can be taken for credit (only one is REQUIRED)

Courses:

WELL 101 Yoga (1 credit)

WELL 102 Personal Fitness (1 credit)

WELL 103 Practicing Mindful Living and Mindfulness (1 credit)

WELL 104 Alternative Approaches to Mental and Physical Wellness (1 credit)

WELL 380 Foundations in Mind-Body Health and Wellness (3 credits)

WELL 382 The Limitless Mind: Lessons on Dedication, Resilience and Mental Fortitude (3 credits)

Any additional WELL course developed can count towards minor

PSYC 101 Introductory Psychology

SPMT 202 Sport in Society

HLTH 103 Health Current Perspectives (no enrollments)

HLTH 104 Intro to Gerontology

HLTH 175 Basic Nutrition

HLTH 212 Happiness, Health, & Wellbeing

HLTH 242 Botanical Medicine

BIOL 117 Human Reproduction

HEFI 201 Health and Wellness Promotion

HEFI 202 Health and Wellness across the Lifespan

HEFI 203 Motor Development

SSCI 181 Alcohol, Drugs, and Society

HEFI 375 Fitness and Sports Nutrition (with permission of instructor)

HEFI 405 Current Issues in Health and Fitness

HEFI 408 Community Wellness

SOCI 320 Sociology of Health, Illness, and Health Care

PSYC 320 Psychology of Health and Fitness

SPMT 330 Sport Psychology

HLTH 303 Occupational Health and Safety