

# MINOR IN WELLNESS

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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
<b>Total Semester Hours - 21-22</b>		