

# MINOR IN WELLNESS

---

| 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>  |   |      |