



### HEALTH EDUCATION MINOR

The Health Minor is open to all IUPUI students, regardless of major. This program allows students to obtain foundational knowledge and skills about healthy lifestyles, prevention of disease, and optimal living through wellness behaviors. The students will add a health component to their academic base for careers in various fields such as wellness coaching, teaching, nursing, social work, or tourism.

**A grade of C or better in all courses and a minimum 2.0 overall GPA is required.**

#### Health Minor (18 cr)

#### Required Courses -- (12 cr)

Course Title	HPER Course	Credit Hours	Semester	Grade
Principles/Application of Lifestyle Wellness	H195	3		
Nutrition for Health <b>OR</b> Essentials of Nutrition	N220 or FN 30300	3		
Health Problems in the Community	H366	3		
<b>Choose Either:</b> Principles and Practices of Exercise Science <b>-OR-</b> Current Concepts and Applications in Physical Fitness	P215  P216	3  3		

#### Elective Courses – (6 cr)

#### Choose 2 courses from this list:

Course Title	HPER Course	Credit Hours	Semester	Grade
Marriage and Family Interaction	F258	3		
Human Sexuality	F255	3		
Stress Prevention and Management	H180	3		
Women’s Health	H305	3		
Consumer Health	H315	3		
Workshop in Health Education	H317	3		
Drug Use in American Society	H318	3		
Secondary School Health Curriculum & Instruction	H352	3		
Personal Health	H363	3		
Complementary/Alternative Approaches to Health	H350	3		
Coordinated School Health Programs	H464	3		