

**Health Promotion Minor
21 Credits
College of Education and Professional Studies**

I. Required Courses

			Semester Offered	Semester Planned	Semester Taken
HEALTHED 240	Life Systems	3 credits	F		
HEALTHED 280	Introduction to Quality of life & Health Promotion	3 credits	F/SP		
HEALTHED 360	Current Topics in Health & Wellness	3 credits	F/SP		
HEALTHED 470	Health Behavior Theory	3 credits	F/SP		
HEALTHED 475	Health Promotion Programming	3 credits	F		
HEALTHED 480	Health Promotion Management	3 credits	SP/SU/W		
II. Elective Courses (Choose One)					
HEALTHED 345	Exercise & Health	2 credits	SU/W		
HEALTHED 362	Stress Management	3 credits	SP		
HEALTHED 391	Nutrition for Health	3 credits	F/SP		
HEALTHED 496	Special Studies	1-3 credits	F/W/SP/SU		
PEPROF 315	Personal Trainer Professional Preparation	3 credits	F/SP		

NOTE: Courses selected for this minor, **CANNOT** be used in a major.