Wellness Foundations, Minor

ECXWMIN

Description

The wellness foundations minor is offered to any ASU student interested in learning about optimizing personal health and wellness. Students develop a greater understanding of the behavioral, social, cultural and environmental factors that impact personal wellness behaviors and the better personal lifestyle choices that may enhance individual well-being. This course of study does not prepare students to pursue national certifications for professional practice in fields of study related to health, health coaching, fitness or wellness, but does allow the student to have a greater understanding and appreciation of how they can take control of their personal well-being and lead a healthier lifestyle.

At a Glance

- **College/School:** College of Health Solutions
- **Location:** Downtown Phoenix campus

Program Requirements

Minor Map (Archives)
2020 - 2021 Minor Map

The minor in wellness foundations consists of 18 credit hours, of which at least 12 credits must be upper division. The minor requires that students complete the following courses with a grade of "C" (2.00 on a scale of 4.00) or higher:

**Required Courses -- 15 credit hours**

- EXW 325: Fitness for Life (3)
- HEP 100: Introduction to Health and Wellness (SB) (3)
- HEP 380: Body Image and Wellness (3)
- HSC 300: Complementary Health Care (3)
- NTR 100: Introduction to Nutrition Science or NTR 241: Human Nutrition (3)
Elective Course (choose one course) -- 3 credit hours

EXW 302: Fundamentals of Wellness (L) (3)
EXW 344: Impact of Physical Activity on Health and Disease (3)
EXW 400: Stress Management for Wellness (3)
EXW 450: Social Determinants of Health and Health Behavior ((L or SB) & C) (3)
HEP 350: Substance Abuse and Addictive Behavior (3)
NTR 345: Development of Healthy Cuisines (3)
NTR 348: Cultural Aspects of Food (SB & C & G) (3)
NTR 353: Perspectives on the Western Diet: Food, Health and Sustainability (3)

Depending on a student's undergraduate program of study, prerequisite courses may be needed in order to complete the requirements of this minor.

Enrollment Requirements

GPA Requirement: 2.00

Incompatible Majors: BS in exercise and wellness; BS in health sciences; BS in the science of health care delivery; BS in health sciences (healthy lifestyles coaching)

Other Enrollment Requirements: None

Current ASU undergraduate students may pursue a minor and have it recognized on their ASU transcript at graduation. Students interested in pursuing a minor should consult their academic advisor to declare the minor and to ensure that an appropriate set of courses is taken. Minor requirements appear on the degree audit once the minor is added. Certain major and minor combinations may be deemed inappropriate by the college or department of either the major program or the minor. Courses taken for the minor may not count toward both the major and the minor. Students should contact their academic advisor for more information.

Contact Information

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