Personal Health, Minor

NHPHLMIN

Description

The personal health minor allows students with academic interests that lie outside the realm of medical and health sciences to explore and learn the latest information related to healthy lifestyles, including the attainment and retention of a high quality of personal health. Students gain the knowledge and skills necessary to optimize their personal health and assume increased responsibility to move towards improved overall wellness. The program reflects the transdisciplinary nature of personal health by including courses from the nutrition, exercise and wellness, health sciences and health promotion areas.

At a Glance

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

Program Requirements

Minor Map (Archives)

2020 - 2021 Minor Map

A minimum grade of "C" (2.00 on a 4.00 scale) is required for all courses.

Required Courses -- 12 credit hours

EXW 325: Fitness for Life (3)
HEP 380: Body Image and Wellness (3)
HSC 355: Eating for Lifelong Health (SB) (3)
NTR 100: Introduction to Nutrition Science or NTR 241: Human Nutrition (3)

Elective Courses -- 6 credit hours

EXW 302: Fundamentals of Wellness (L) (3)
EXW 335: Physical Activity and Physiological Concepts (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 nutrition (all concentrations); BS in exercise and wellness; BS in health education and health promotion; 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.

**Attend Online**

ASU offers this program in an online format with multiple enrollment sessions throughout the year. Applicants may view the program description and request more information [here](#).

**Contact Information**

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