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 for their own personal health and well-being. The program reflects the transdisciplinary nature of personal health by including courses from the nutrition and exercise and wellness disciplines.

At a Glance

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

2019 - 2020 Major Map
Major Map (Archives)

Program Requirements

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)
- EXW 380: Body Image and Wellness (3)
- NTR 100: Introductory Nutrition or NTR 241: Human Nutrition (3)
- NTR 355: Eating for Lifelong Health (SB) (3)

**Elective Courses -- 6 credit hours**

- EXW 303: Human Sexuality for Health Education (3)
- EXW 312: HIV/AIDS Prevention (1)
- EXW 321: Consumer Health (1)
EXW 331: Violence Prevention (1)
EXW 335: Physical Activity and Fitness Concepts (3)
EXW 341: Health Education Methods for Injury Prevention (1)
EXW 350: Substance Abuse and Addictive Behavior (3)
EXW 351: Substance Abuse Prevention (1)
EXW 361: Social Media and Marketing in Health Education (1)
EXW 371: Conflict Management and Mediation (1)
EXW 400: Stress Management for Wellness (3)
NTR 345: Development of Healthy Cuisines (3)
NTR 348: Cultural Aspects of Food (SB & C & G) (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](#).

**Global Opportunities**

PLuS Alliance
Career Opportunities

Contact Information

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