2019 - 2020 Minor Map
Wellness Foundations

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

Program Requirements

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 100: Introduction to Health and Wellness (SB) (3)
- EXW 325: Fitness for Life (3)
- EXW 380: Body Image and Wellness (3)
- HCD 340: Complementary Health Care (3)
- NTR 100: Introductory Nutrition or NTR 241: Human Nutrition (3)

**Elective Course (choose one course) -- 3 credit hours**

- EXW 344: Physical Activity in Health and Disease (3)
- EXW 350: Substance Abuse and Addictive Behavior (3)
- EXW 400: Stress Management for Wellness (3)
- EXW 450: Social Determinants of Health and Health Behavior ((L or SB) & C) (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.