2021 - 2022 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 302: Fundamentals of Wellness (L) (3)
EXW 325: Fitness for Life (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) -- 3 credit hours

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.