2021 - 2022 Minor Map
Personal Health

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

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)
HEP 380: Body Image and Wellness (3)
HSC 355: Eating for Lifelong Health (SB) or NTR 450: Nutrition in the Life Cycle (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)
EXW 400: Stress Management for Wellness (3)
HEP 350: Substance Abuse and Addictive Behavior (3)
HEP 443: Emotional Health and Interpersonal Relationships (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.