HEALTH & WELLNESS MINOR

Degree Requirements

Code	Title	Hours
Core Requirements (10 credits):		
HS 170	First Aid	1
HS 262	Personal Health	3
KIN 263	Intro to Nutrition	3
KIN 100	Concepts of Health and Fitness	3
or KIN 278	Sport and Human Behavior	
Additional credits from the following:		9
HS 351	Safety Education	
HS 361	School Comm Health-Impl Curric	
HS 362	Drug Education	
HS 463	Human Sexuality: Health Ed Per	
HS 475	Public Health	
HS 494	Directed Studies	
KIN 363	Sports Nutrition - W	
KIN 380	Kinesiology	
KIN 381	Eval and Measurement in HPE	
KIN 475	Org-Admin Hlth and PE-W	
KIN 477	Water Safety Instructor	
KIN 495	Internship	
RTH 397	Intergenerational Rec/Wellness	
SM 472	Legal Issues in Sports/Rec - W	
Total Hours		**19**

See HKS academic advisor for help with course selection.