

# Health and Nutrition, Minor

---

The Health and Nutrition minor is open to all students looking to expand their knowledge of health and wellness. The goals of the program are to increase nutritional knowledge, expose individuals to the benefits of exercise, and help destigmatize mental health. Increased knowledge in all areas is beneficial to all students regardless of their major. The program consists of 7 courses for 21 hrs of course work.

<b>Code</b>	<b>Title</b>	<b>Semester Hours</b>
KIN 200	CONTEMPORARY NUTRITION	3
KIN 240	HEALTH & WELLNESS CONCEPTS	3
KIN 290	EX TECHNIQUES & LEADERSHIP	3
KIN 300	NUTRITION FOR FITNESS & SPORT	3
KIN 400	NUTRITION IN HEALTH & DISEASE	3
PY 333	PY OF ADJUSTMENT & ADAPTATION	3
PY 437	PSYCHOBIOLOGY STRESS & ILLNESS	3
<b>Total Hours</b> <sup>1</sup>		<b>18-21</b>

<sup>1</sup> PY 437 is only offered once, every other year. If the course is not offered when the student needs it, they may earn the minor without that course, for a total of 18 hours; however, if the course is offered during the time frame that the student needs it, they will be required to take it, thus completing a full 21 hours.