

Department of Behavioral Health and Nutrition

MINOR: HEALTH AND WELLNESS

Minimum Credits in the Minor: 18

The Health and Wellness minor is for students who have an interest in expanding their knowledge of health and wellness issues. Courses will provide students with the knowledge, skills and experiences necessary to understand the role culture, gender, environment and behavior play in personal and community health. The minor will provide students with the opportunity to complement their major course of study by expanding and applying health knowledge and concepts to their chosen profession and personal life. Students in the Health Behavior Science major are not eligible to take this minor. A grade of C- or better in all required courses is necessary for successful completion of the minor. **A maximum of nine credits may be from the student's major.**

REQUIRED COURSES (Prerequisites) **Credits**

Core requirements: 6 credits

BHAN155	Personal Health Management: An Approach for a Lifetime	3
NTDT200	Nutrition Concepts	3

Capstone course: 3 credits - must select one course from the following:

HLPR430	Behavior Change Strategies and Tactics (PR BHAN332)	3
NTDT410	Overweight/Obesity Prevention & Management (PR NTDT200)	3

Health Behavior Theory Course: 3 credits - must select one course from the following:

BHAN332	Health Behavior Theory & Assessment (PR BHAN326/STAT200)	3
BHAN333	Health Behavior Theory & Program Planning (Fall only)	3
BHAN435	Physical Activity Behavior (PR KAAP220/permission of instructor)	3

Health Electives: 3 credits - must select one course from the following:

BHAN301	The Art of Happiness	3
BHAN311	Issues in Health Behavior Management	3
BHAN335	Health and Aging	3
NTDT305	Nutrition in the Lifespan (PR NTDT200 & bio course)	3
NTDT310	Nutrition and Activity (PR NTDT200 & physiology course)	3
BHAN401	Foundations Human of Sexuality (cross listed with HDFS401 and WOMS401)	3
SOCI311	Sociology of Health and Illness	3
BHAN304	Culture, Health and Environment (cross listed with ANTH304)	3

Other required courses: 3 credits

BHAN130	Must take two of the 1-credit health topic courses (Cannot receive credit for both NTDT410 and BHAN130 Weight Management)	2
BHAN120	Must take one credit in an approved BHAN120 course.*	1

Admission: Freshmen and transfer students must wait until after first semester grades have been posted to request the minor; all others may apply for the minor at any time via the UDSIS Webform "Change Major, Minor..." Minimum 2.0 GPA required. It is not necessary to meet with the minor advisor to have your request approved however if you need assistance, advisement or curricular information please contact minor advisor Dr. Steve Goodwin, goody@udel.edu, 831-4451.

*Must be approved by Dr. Goodwin. All approved 120 courses must address a health related physical activity such as Exercise & Conditioning, Yoga or Fitness Boot Camp. Sport-related BHAN120 courses are not acceptable for this requirement. The purpose of this credit is to engage students in a physically active course that addresses lifelong activity leading to a higher quality of life.