

Student's Name: _____ **Student ID#:** _____

Intended graduation date (Year): Summer _____ Fall _____ Winter _____ Spring _____

Health Studies Minor (30 credit hours):

Course #	Title	Cr	Term	Grade
Required courses (22 credits):				
HWS 250	Personal Skills for Healthy Living	3		
HWS 298	Health and Fitness for Life	3		
HWS 325 ***	Nutrition and Sport Performance <i>At least sophomore standing</i>	4		
HWS 350	Lifestyle Behavior and Health (UWR) <i>At least sophomore standing</i>	3		
HWS 351	Community and Social Skills for Healthy Living (UWR) <i>At least sophomore standing</i>	3		
HWS 352	Cultural Competence in Health Education and Health Promotion	3		
HWS 412	Program Design and Evaluation in Health and Wellness <i>Statistics course, HWS 350, and HWS 351, or consent of instructor</i>	3		
Select at least 8 credits from the following courses:				
HWS 314	Health and Humanities	2		
HWS 317	Global Health	3		
HWS 320	Healthy Activities and Games	3		
HWS 422	Gerontology and Healthy Activities	2		
HWS 423	Aging and Society	3		
HWS 431	Alcohol and Drugs: Prevention	5		
HWS 432	Substance Abuse and Family Relations	5		
HWS 433	Alcohol and Drugs: Use, Misuse and Addiction	5		
PES 409	Practicum	1-6		
SOC 360	Gender and Power	5		
PSY 211	Intro to Lifespan Development	3		
PSY 231	Human Sexuality	3		
PSY 311	Child Development	5		
SOC 338	Sociology of Families	5		

*** HWS 225 General Nutrition can be substituted for HWS 325. HWS 225 has 3 credits, and so the number of elective credits would increase from 8 to 9.