



**Physical Activity and Health
Health Studies Minor
Checksheet**

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

Requirements:

1. A minimum of 30 graded credit hours as follows.
2. Courses must be completed with a grade of 'C-' or better in all courses counted toward the minor and a cumulative GPA of 2.00 (or better) for minor courses overall.
3. A minimum of 10 graded credit hours counting toward the minor must be completed at Eastern Oregon University.

Required Courses (25 Credits):

Course #	Title	Credits	Term	Grade
HWS 250	Personal Skills for Healthy Living	3		
HWS 298	Health and Fitness for Life	3		
HWS 225	Nutrition	3		
HWS 350	Behavior Change Theory	3		
HWS 351	Introduction to Community Health (UWR)	3		
HWS 352	Cultural Competence in Health Education & Health Promotion	4		
HWS 412	Program Planning	3		
HWS 413	Program Evaluation	3		

Select at least 5 credits from the following courses:

Course #	Title	Credits	Term	Grade
HWS 314	Health and Humanities	2		
HWS 317	Global Health	3		
HWS 320	Healthy Activity and Games	3		
HWS 422	Gerontology and Healthy Activities	2		
HWS 423	Aging and Society	2		
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		
SOC 338	Sociology of Families	5		
SOC 360	Gender and Power	5		
PSY 231	Human Sexuality	3		
PSY 311	Child Development	5		

If the requirements of the minor are not met at the time of graduation, the minor will not appear on the student's transcript.