

# INTERDISCIPLINARY HEALTH EDUCATION (MINOR)

<https://chhs.unh.edu/kinesiology/program/minor/interdisciplinary-health-education>

## Description

The Interdisciplinary Health Education Minor prepares future professionals to approach health and well-being through a culturally-responsive and trauma-informed lens across multiple dimensions of wellness. Students gain the knowledge and skills to promote, support, and affect behavior change in ways that positively impacts the health and well-being of individuals and communities. Those who complete this minor have the ability to apply their knowledge and skills in settings such as schools, before/after-school programs, clinical settings, community health centers, fitness centers, and/or corporate settings.

## Requirements

Code	Title	Credits
<b>Core Required Courses</b>		
HPE 648	Current Issues in Teaching Health	4
HPE 671	Health Education Pedagogy	4
<b>Electives</b>		
Select 3 courses from the following:		12
EXSC 527	Scientific Foundations of Health and Fitness	
HDFS 746	Human Sexuality	
HMP 669	Human Behavior and the Public Health	
HMP 403	Introduction to Public Health	
HPE 702	Health Content and Youth Risk Behavior	
HPE 712	Health Education Practicum	
HS 770	General Medical Conditions for Health Professions	
NUTR 400	Nutrition in Health and Well Being	
NUTR 610	Nutrition Education and Counseling	
<b>Total Credits</b>		<b>20</b>

The following tracks below serve as a guide for students though no requirements exist to complete the minor in a specific track.

**School Health:** For students interested in school health education, consider the following courses, HPE 702 Health Content and Youth Risk Behavior, HPE 712 Health Education Practicum, HDFS 746 Human Sexuality, NUTR 400 Nutrition in Health and Well Being, EXSC 527 Scientific Foundations of Health and Fitness.

**Public Health:** For students interested in public and community health education, consider the following courses, NUTR 610 Nutrition Education and Counseling, HMP 669 Human Behavior and the Public Health, HMP 403 Introduction to Public Health, HDFS 746 Human Sexuality, EXSC 527 Scientific Foundations of Health and Fitness, HS 770 General Medical Conditions for Health Professions.

Note some courses have prerequisites.

Students may overlap no more than 8 credits between their major and a minor.