

# INTERDISCIPLINARY HEALTH MINOR

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

## Description

The Interdisciplinary Health 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

### Interdisciplinary Health Minor Requirements

Code	Title	Credits
HDFS 746	Human Sexuality	4
HPE 648	Current Issues in Teaching Health	4
HPE 702/KIN 802	Health Content and Youth Risk Behavior	4
or NUTR 610	Nutrition Education and Counseling	
HPE 712	Health Education Practicum	4
NUTR 400	Nutrition in Health and Well Being	4
HPE 671	Health Education Pedagogy	4
Total Credits		24