

# WELLNESS AND PREVENTION MINOR

<https://cps.unh.edu/online/program/minor/wellness-prevention>

## Description

This minor provides students with key concepts that impact mental and physical well-being. Students will study foundations for health and explore practices to prevent illness and disease. Obstacles and opportunities for health behavior change are addressed.

NOTE: This minor may not be declared with the following majors: BS Health & Wellness, BS Human Services: Wellness and Prevention, or BS Applied Psychology: Wellness & Prevention.

Students will have the opportunity to:

1. Determine the evidence-based best practices that are common to the field of health and wellness.
2. Recognize the health-related problems of an individual, a community or agency.
3. Apply knowledge of health and wellness concepts to determine interventions that affect behavior change and enhance the overall well-being of an individual or group.

## Requirements

All minor courses must be completed with a minimum grade of C-, and a 2.0 grade point average must be maintained in courses for the minor. Two courses must be at the upper level (600 or 700). Only one overlap is allowed between major and minor.

## Minor Requirements

Code	Title	Credits
HLTC 560	Health Behaviors: Theoretical Foundations for Health Education	4
HLTC 720	Health Program Planning and Evaluation	4
SCI 502	Nutrition and Health	4
HLTC 612 or SCI 550	Population Health Wellness and the Human Body	4
Select one of the following:		4
HLTC 550	The Emerging U.S. Health Care System	
MTH 504	Statistics	
SCI 604	Principles of Exercise Science	
SCI 610	Contemporary Issues in Personal and Global Health	
SCI 615	Fitness and Health	
<b>Total Credits</b>		<b>20</b>