Minor in Wellness

The Wellness Minor is intended for both non-science and science students interested in coursework focused on empowering them to make informed decisions related to lifelong personal nutrition and exercise choices.

Requirements

Core requirements consist of a minimum of 15 hours of nutrition and exercise/fitness courses.

**Required Courses**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>NEP 1034</td>
<td>Introduction to Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>or NEP 2340</td>
<td>Human Nutrition I</td>
<td></td>
</tr>
<tr>
<td>NEP 1340</td>
<td>Introduction to Exercise and Fitness</td>
<td>3</td>
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<tr>
<td>NEP 2450</td>
<td>Nutrition Throughout the Life Span (check prerequisites)</td>
<td>3</td>
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<tr>
<td>NEP 3450</td>
<td>Activity Throughout the Lifespan</td>
<td>3</td>
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**Choose at least one of the following (to complete a total of 15 hours)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>NEP 2010</td>
<td>Everyday Nutrition: Principles of Fresh, Healthy, and Sustainable Cooking</td>
<td>3</td>
</tr>
<tr>
<td>NEP 2222</td>
<td>Landscape of Obesity</td>
<td>3</td>
</tr>
<tr>
<td>NEP 2380</td>
<td>Diet Therapy for Health Professionals</td>
<td>3</td>
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<tr>
<td>NEP 2460</td>
<td>Eating Disorders</td>
<td>3</td>
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<tr>
<td>NEP 3131</td>
<td>International Nutrition and Exercise Physiology</td>
<td>3</td>
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<tr>
<td>NEP 3550</td>
<td>Corporate, Community, and Personal Fitness</td>
<td>3</td>
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