

# Minor in Wellness

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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

NEP 1034 or NEP 2340	Introduction to Human Nutrition Human Nutrition I	3
NEP 1340	Introduction to Exercise and Fitness	3
NEP 2450	Nutrition Throughout the Life Span	3
NEP 3450	Activity Throughout the Lifespan	3

### Choose at least one of the following (to complete a total of 15 hours)

NEP 2010	Everyday Nutrition: Principles of Fresh, Healthy, and Sustainable Cooking	3
NEP 2222	Socio-Cultural Perspectives on Obesity	3
NEP 2380	Diet Therapy for Health Professionals	3
NEP 2460	Eating Disorders	3
NEP 3550	Corporate, Community, and Personal Fitness	3