

# EDINBORO UNIVERSITY OF PENNSYLVANIA

## Minor: Health Studies (1050)

Student: \_\_\_\_\_ ID: @ \_\_\_\_\_ Term: \_\_\_\_\_

The minor in Health Studies provides students with a broad range of experiences in the basic elements of health promotion. Students will take a variety of health content, application, and health behavior theory courses. This minor is an excellent addition for students who are interested in working with people in areas such as wellness education, fitness instruction, and health counseling.

Prerequisites: none

<b>Health Studies Minor Requirements</b>	<b>(21 SH)</b>
--	----------------

	<b>SH</b>	<b>Grade</b>
<i>Required Courses:</i>	<u>6</u>	
<u>HPE133 - Personal Health I</u>	<u>3</u>	<u>        </u>
<u>HPE364 - Health Methodology</u>	<u>3</u>	<u>        </u>
<i>Two of the following courses:</i>	<u>6</u>	
<u>HPE132 - Health/Fitness Promotion</u>	<u>(3)</u>	<u>        </u>
<u>HPE320 - Consumer Health</u>	<u>(3)</u>	<u>        </u>
<u>HPE400 – Critical Issues in Health</u>	<u>(3)</u>	<u>        </u>
<i>Three of the following courses:</i>	<u>9</u>	
<u>HPE135 - Drugs/Alcohol/Tobacco</u>	<u>(3)</u>	<u>        </u>
<u>HPE241 – Stress Management</u>	<u>(3)</u>	<u>        </u>
<u>HPE245 - Human Sexuality</u>	<u>(3)</u>	<u>        </u>
<u>HPE249 – Weight Management</u>	<u>(3)</u>	<u>        </u>