

WELLNESS

The wellness minor takes an integrative approach to examining human health and wellness. The Dimensions of Wellness provides the framework in which students will gain knowledge and learn about skills needed to optimize health across the lifespan.

Courses available within the minor represent a broad array of academic programs and departments, highlighting the interdisciplinary nature of human health and wellness and an opportunity for students to pursue areas of interest within the minor. There are 4 required courses and students choose 2 courses from the listed elective courses. The elective courses cannot be from the major area of study. A minimum of 8 credits must be taken at North Dakota State University for the minor to be awarded.

Wellness Minor Requirements

Required Courses:	Credits
HNES 111 Wellness	3
HDFS 186 Consumer and Society	3
HDFS 242 Couples, Marriages and Families	3
ADHM 410 Dress in World Cultures or 411 Food and World Cultures	3
Elective Courses: 6	
<i>Select 2 of the following. Courses cannot be from the major area of study.</i>	
ADHM 486 Dress and Human Behavior	
COMM 212 Interpersonal Communication	
HNES 200 Principles of Nutrition	
HNES 217 Personal and Community Health	
RELS 100 World Religions	
SOC 115 Social Problems	
SOC 214 Social Interaction	
Total Credits	18

View NDSU equivalencies of transfer courses at:
www.ndsu.edu/transfer/equivalencies

For Further Information

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