

2009-2010 HEALTH MINOR

(Minimum of five course credits, plus PEH 100)

Must earn a “C” or higher in each minor, prerequisite, and collateral course

A Health minor provides students who are pursuing a liberal-arts education with an opportunity to engage in a process of understanding how the health and wellness of an individual can support their capacity to succeed in any chosen field and can complement the knowledge attained from their major.

Requirements

The following courses:

HLT 109: <i>Comprehensive First Aid</i>	_____	1
HLT 215: <i>Significant Issues in Personal Health</i>	_____	1
CFS 221: <i>Fundamentals of Nutrition</i>	_____	1
AND		
PEH 100: <i>Introduction to Lifetime Health and Fitness</i>	_____	NC
(no additional credit; already a General Education requirement for all degrees)		

AND

One (1) course credit chosen from the following:

HLT 111: <i>Human Sexuality</i>	_____	1
HLT 210: <i>Health in Appalachia</i> (also APS)	_____	1
HLT 224: <i>Addiction and Violence in the Family</i>	_____	1
HLT 318: <i>Emotional and Mental Health</i>	_____	1

AND

One (1) additional full-credit HLT course:

HLT _____: _____	_____	1
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Admission to the Minor—An interview with members of the Health faculty in the Department, as well as a departmental recommendation, are required for admission to the Health minor.

Additional considerations for the Health Minor—Designated Short Term HLT courses may be used for the minor. Students not receiving a grade of C or higher in each minor, prerequisite, and collateral course may repeat that particular course to raise the grade while remaining in the minor program.

NOTE: PEH 221 and 222 (formerly PEH 120 and 220) do not count toward the Health Minor.