### Department of Behavioral Health and Nutrition

### MINOR: HEALTH AND WELLNESS

### Minimum Credits in the Minor: 18

The Health and Wellness minor is for students who have an interest in expanding their

knowledge of health and wellness issues. Courses will provide students with the

knowledge, skills and experiences necessary to understand the role culture, gender,

environment and behavior play in personal and community health. The minor will

provide students with the opportunity to complement their major course of study by

expanding and applying health knowledge and concepts to their chosen profession and

personal life. Students in the Health Behavior Science major are not eligible to take this

minor. A grade of C- or better in all required courses is necessary for successful

completion of the minor. **A maximum of nine credits may be from the student’s**

**major.**

**REQUIRED COURSES *(Prerequisites)*** **Credits**

**Core requirements: 6 credits**

BHAN155 Personal Health Management: An Approach for a Lifetime 3

NTDT200 Nutrition Concepts 3

**Capstone course: 3 credits - must select one course from the following:**

HLPR430 Behavior Change Strategies and Tactics *(PR BHAN332)* 3

NTDT410 Overweight/Obesity Prevention & Management *(PR NTDT200)* 3

**Health Behavior Theory Course: 3 credits - must select one course from the following:**

BHAN332 Health Behavior Theory & Assessment *(PR BHAN326/STAT200)* 3

BHAN333 Health Behavior Theory & Program Planning (*Fall only*) 3

BHAN435 Physical Activity Behavior *(PR KAAP220/permission of instructor)* 3

**Health Electives: 3 credits - must select one course from the following:**

BHAN301 The Art of Happiness 3

BHAN311 Issues in Health Behavior Management 3

BHAN335 Health and Aging 3

NTDT305 Nutrition in the Lifespan *(PR NTDT200 & bio course)* 3

NTDT310 Nutrition and Activity *(PR NTDT200 & physiology course)* 3

BHAN401 Foundations Human of Sexuality (cross listed with HDFS401 3

 and WOMS401)

SOCI311 Sociology of Health and Illness 3

BHAN304 Culture, Health and Environment (cross listed with ANTH304) 3

**Other required courses: 3 credits**

BHAN130 Must take two of the 1-credit health topic courses 2

 (Cannot receive credit for both NTDT410 and BHAN130 Weight Management)

BHAN120 Must take one credit in an approved BHAN120 course.\* 1

***Admission:*** *Freshmen and transfer students must wait until after first semester grades have been posted to request the minor; all others may apply for the minor at any time via the UDSIS Webform “Change Major, Minor...” Minimum 2.0 GPA required. It is not necessary to meet with the minor advisor to have your request approved however if you need assistance, advisement or curricular information please contact minor advisor Dr. Steve Goodwin,* *goody@udel.edu**, 831-4451.*

\*Must be approved by Dr. Goodwin. All approved 120 courses must address a health related physical activity such as Exercise & Conditioning, Yoga or Fitness Boot Camp. Sport-related BHAN120 courses are not acceptable for this requirement. The purpose of this credit is to engage students in a physically active course that addresses lifelong activity leading to a higher quality of life.