

**Health Education Minor
(Minimum of 20 credits required)**

Required Courses (6 credits):

Course	Title	Credit
HED 1200	Nutrition and Healthy Living	4
HED 3100	Contemporary Health	2
Total		6

Elective Courses: A minimum of 14 Credits from the following list

Course	Title	Credits
EDU 4275	Internship in Education	4
HED 2100	Prevention and Substance Abuse	2
HED 2200	Human Sexuality & Relationships	2
HED 3300	Aging and Life Choices	4
PEC 2130	Healthy Living for the Elementary Child	4
PSY 3610	Health Psychology	4
WEL 1010	Stress Management	2
WEL 4400	Health Behavior Change	4