**Health Education Minor**

**(Minimum of 20 credits required)**

**Required Courses (6 credits):**

|  |  |  |
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| **Course** | **Title** | **Credit** |
| HED 3100 | Contemporary Health Issues | 2 |
| HED 1200 | Nutrition & Healthy Living | 4 |
| **Total** | **6** |

**A minimum of 14 Credits from the following list:**

|  |  |  |
| --- | --- | --- |
| **Course** | **Title** | **Credits** |
| HED 2100 | Prevention & Substance Abuse | 2 |
| HED 2200 | Human Sexuality & Relationships | 2 |
| HED 3300 | Aging & Life Choices *(Prerequisite: HED 1200)* | 4 |
| EDU 4811 | Internship in Education\* (Should be taken at end of sequence-Health Education) | 4 |
| PEC 2130 | Healthy Living for the Elementary Child | 4 |
| PSY 3610 | Health Psychology (Pre-requisite PSY 2000) | 4 |
| WEL 1010 | Stress Management | 4 |
| WEL 4400 | Health Behavior Change | 4 |

\*This course should be taken at the end of the course sequence.