

Minor in Wellness

Program Requirements

A minor in wellness provides students the multidisciplinary and foundational skills needed to better understand the complex concept of wellness. The minor consists of 12 credit hours of courses drawn from a variety of departments or programs, such as counseling, exercise science, sociology and leadership.

Course	Title	Hours
Required Course		
LEAD 500	Dimensions of Wellness	3
Electives		
Select 9 credit hours from the following:		9
LEAD 400	Leadership Practicum	
CIPE 103O	Meditation	
CIPE 103Y	Yoga	
EXSC 750L	Motivation	
CLES 750M	Mindfulness and Acceptance in Therapy	
CESP 750Z	Stress Management Technique	
SOC 337	Young Women's Health	
SOC 338	Health & Lifestyle	
SOC 303	Sociology of Mental Health	
SOC 537	The Social Consequences of Disability	
Total Credit Hours		12

At least 9 credit hours must be taken at WSU. A minimum GPA of 2.000 in the minor courses is required.