

Health & Wellness Minor

<u>Credits</u>	<u>Class Code</u>	<u>Class Name</u>
3	EXER 112	Lifestyle Wellness
3	BIOL 123	Nutrition
3	PSYC 138	Healthy Relationships
3	PHED 226	Techniques of Teaching Weight Training
3	EXER 310	Health and Wellness Coaching*
2	EXER 322	Physiology of Health & Fitness*
<u>3</u>	EXER 448	Special Topics (Pick three 1 credit topics)**
20 cr.		

*Modified existing course.

**New course