

HEALTH PROMOTION MINOR

The Minor in Health Promotion provides students with a cursory view of important health issues, the public health system, and health promotion techniques. This information applies to our individual lives as well as complementing a variety of majors. The minor would be a great complement for students in many majors including communications, child development, nutrition, nursing, psychology, sociology, social work, recreation, hospitality, and parks management, and others.

Course Requirements for the Minor

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

Course	Title	Units
Foundation		
PHHA 321	Community Health	3
PHHA 369	Health Promotion Techniques	3
Select five of the following: ¹		15-17
BIOL 104	Human Physiology	
KINE 323	Exercise Physiology	
NFSC 303	Nutrition and Physical Fitness	
PHHA 160	Personal Health	
PHHA 265	Human Sexuality	
PHHA 320	Chronic and Communicable Diseases	
PHHA 323	International Health	
PHHA 328	Health Equity	
PHHA 362	Environmental Health	
PHHA/WMST 368	Women's Health	
PHHA 370	Drugs in Our Society	
PHHA 463	Epidemiology	
PHHA 467	Mental and Emotional Health	
PHHA 541	Health in the Later Years	
PHHA 543	Social Gerontology	
Total Units		21-23

¹ Three of the five electives must be in addition to courses used to satisfy the requirements of the BS in health services administration or public health.