

# HEALTH AND WELLNESS GE MINOR

<sup>1</sup> Choose three courses, each from a different GE area.

GE Pathway Coordinator: (<https://apps.csuchico.edu/directory/Employee/jrbarry/>)

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Learn how to empower yourself and others to thrive in all aspects of wellness to enjoy a healthy, productive, and fulfilling life. In the GE Minor in Health and Wellness you will explore ways to enhance your physical and mental health. This minor complements any major, as it focuses on the promotion of inclusive and equitable well-being for everyone.

Students who are already completing the associated General Education (GE) Health and Wellness upper-division Pathway can earn the minor by taking six courses from different GE Areas. Students who complete all courses in the minor will meet the University's US Diversity (USD) and Global Cultures (GC) requirements, as well as at least one upper-division Writing (W) course.

## Course Requirements for the Minor

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

Students can earn the minor by taking six courses from different GE Areas. Students who complete all courses in the minor will meet the University's US Diversity (USD) and Global Cultures (GC) requirements, as well as at least one upper-division Writing (W) course.

Course	Title	Units
<b>Lower Division</b>		
<i>Humanities (C2)</i>		
RELS 110	Introduction to Spiritual Traditions of Asia	3
<i>Social Sciences (D)</i>		
NFSC 200	Health at Every Size: A Non-Diet Approach to Wellness	3
or NFSC 200W	Health at Every Size: A Non-Diet Approach to Wellness (W)	
<i>Lifelong Learning and Self-Development (E)</i>		
Select one of the following:		3
KINE 110	Physical Activity and Wellness: A Way of Life	
RHPM 180	Leisure and Life	
<b>Upper Division</b>		
Select three of the following: <sup>1</sup>		9
<i>Scientific Inquiry and Quantitative Reasoning (UD-B)</i>		
BIOL 345	Health and Lifestyle Diseases	
NFSC 303	Nutrition and Physical Fitness	
<i>Arts and Humanities (UD-C)</i>		
PHIL 327W	Health Ethics (W)	
<i>Social Sciences (UD-D)</i>		
SOCI 363	Sociology of Human Stress	
<b>Total Units</b>		<b>18</b>