

Department of Behavioral Health and Nutrition

MINOR: HEALTH AND WELLNESS

Director: Marc Lodyga, PhD

Minimum Credits in the Minor: 18

The Health and Wellness minor is for students who have an interest in expanding their knowledge of health and wellness issues. Courses will provide students with the knowledge, skills and experiences necessary to understand the role culture, gender, environment and behavior play in personal and community health. The minor will provide students with the opportunity to complement their major course of study by expanding and applying health knowledge and concepts to their chosen profession and personal life. Students in the Health Behavior Science major are not eligible to take this minor. A grade of C- or better in all required courses is necessary for successful completion of the minor. **A maximum of nine credits may be from the student's major or another minor.**

Required Courses (PR=Prerequisites)	Credits
Core Requirements: 6 credits	
BHAN155 Personal Health Management: An Approach for a Lifetime	3
NTDT200 Nutrition Concepts	3
Health Behavior Theory Course: 3 credits; must select one course from the following:	
BHAN332 Health Behavior Theory & Models	3
BHAN435 Physical Activity Behavior (PR KAAP220 or KAAP309)	3
Capstone Course: 3 credits; must select one course from the following:	
HLPR430 Behavior Change Strategies & Tactics (Fall only, PR/CR BHAN332)	3
NTDT410 Overweight/Obesity Prevention & Management (PR NTDT200)	3
Health Electives: 3 credits; must select one course from the following:	
BHAN301 The Art of Happiness	3
BHAN311 Issues in Health Behavior Science	3
BHAN335 Health & Aging	3
NTDT305 Nutrition in the Lifespan (PR NTDT200 & a course in biology)	3
NTDT310 Nutrition & Activity (PR NTDT200 & a physiology course)	3
BHAN401 Foundations of Human Sexuality (cross-listed with HDFS401 and WOMS401)	3
SOC1311 Sociology of Health and Illness	3
BHAN304 Culture, Health & Environment (cross-listed with ANTH304)	3
Other Required Courses: 3 credits	
BHAN130 Must take two of the one-credit health topic courses (Cannot receive credit for both NTDT410 & BHAN130 Weight Management)	2
BHAN120 Must take one credit of an approved BHAN120 course*	1

Admission: Freshmen and transfer students must wait until after first semester grades have been posted to request the minor; all others may apply for the minor at any time via the UDSIS Webform "Change Major, Minor..." Minimum 2.0 GPA required. It is not necessary to meet with the minor advisor to have your request approved. However, if you need assistance, advisement or curricular information please contact minor advisor Dr. Marc Lodyga, mlodyga@udel.edu, 831-6670.

*All approved 120 courses must address a health related physical activity such as Exercise & Conditioning, Yoga or Fitness Boot Camp. Sport-related BHAN120 courses are not acceptable for this requirement. The purpose of this credit is to engage students in a physically active course that addresses lifelong activity leading to a higher quality of life.