

**The Ohio State University
College of Medicine
School of Health and Rehabilitation Sciences
Health and Wellness (HWIH-MN)**

School of Health and Rehabilitation Sciences

Academic Advising Contact:
Health and Rehabilitation Sciences Academic Advising
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Faculty Lead
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Through the Health and Wellness minor, students will be able to develop the health and wellness promotion and coaching skills necessary to succeed in an increasingly complex healthcare environment. They will be able to integrate the dimensions of wellness to address one's personal health needs and those of other individuals across the healthcare continuum. The H&W minor will provide students with the knowledge and skills needed to design effective wellness strategies and programs to improve health and reduce chronic disease across the lifespan. They will learn to use evidence-based practice to support organizational transformation towards a culture that values and supports a healthy work environment. Upon completion of the H&W minor, students will be eligible to sit for the National Board Certified Health and Wellness Coaching certificate (NBC-HWC examination).

Required courses (4 courses; 13 CH)

HTRHSC/HW 2210 Dimensions of Wellness & Resilience (3)
HTRHSC/HW 2220 - Wellness in Chronic Conditions (3)
HTRHSC/HW 3220 - Health Promotion Strategies for People with Chronic Conditions (4)
HTRHSC/HW 3230 Coaching for Health Improvement (3)

Health and Wellness Minor Guidelines

Credit hours required: A minimum of 13 CH. 1000-level courses shall not be counted in the minor. At least 6 CH must be upper-level courses as defined by the College of Medicine.

Transfer and EM credit hours allowed A student is permitted to count up to 6 total hours of transfer credit and/or credit by examination.

Overlap with the GE A student is permitted to overlap up to 6 credit hours between the GE and the minor.

Overlap with the major and additional minor(s)

- The minor must be in a different subject than the major.
- The minor must contain a minimum of 12 hours distinct from the major and/or additional minor(s).

Grades required

- Minimum C- for a course to be counted on the minor.
- Minimum 2.00 cumulative GPA for all minor course work.
- Course work graded Pass/Non-Pass cannot count on the minor.
- No more than 3 credit hours of course work graded Satisfactory/Unsatisfactory may count toward the minor.

X193 credits – No more than 3 credit hours

Declaring the minor

Students should see their assigned academic advisor to declare the minor prior to the filing of the graduation application. Students do not need the approval of the School of Health and Rehabilitation Sciences to declare the minor.

Approval of Coursework

Initial approval of the minor coursework:

Students who complete the minor following the guidelines on this sheet need only verify with their academic advisor that the minor appears complete on the degree auditing system. No approval from the School of Health and Rehabilitation Sciences is required.

Approval for courses not listed on this form to apply to the minor program:

Students may not request alternatives to the listed coursework for this program; all students must adhere to the guidelines and policies outlined on this form.

College of Arts and Sciences Curriculum and Assessment Services
306 Dulles Hall, 230 Annie and John Glenn Ave.
<https://asccas.osu.edu/>
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