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:**
- Health and Wellness 2210 Dimensions of Wellness and Resilience (3 credit hours)
- Health and Wellness 2220 Wellness in Chronic Conditions (3 credit hours)
- Health and Wellness 3220 Health Promotion Strategies for People with Chronic Conditions (4 credit hours)
- Health and Wellness 3230 Coaching for Health Improvement (3 credit hours)

**Health and Wellness Minor Program Guidelines**

- **Credit hours required:** A minimum of 13 credit hours of specified Health and Wellness coursework is required.
- **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.
- **Approval required** The minor coursework must be approved by the academic unit offering the minor.

**Filing the minor program form** The minor program form must be filed at least by the time the graduation application is submitted to a college/school advisor.

**Changing the minor** Once the minor program form is filed in the college office, any changes must be approved by the academic unit offering the minor.