

NAME: _____ ID: _____ DATE: _____

NORTH DAKOTA STATE UNIVERSITY • COLLEGE OF HUMAN DEVELOPMENT & EDUCATION

INDIVIDUAL & FAMILY WELLNESS MINOR

Fall 2012

Requirements: 16 credits

(A minimum of 8 credits must be taken at NDSU)

Required Courses: 2 credits

Dept	Number	Course Title	Credits	Grade	Sem/Year Completed	TR Course <input checked="" type="checkbox"/>	Transfer Institution
HD&E	220	Individual and Family Wellness	2				

Electives: 14 credits (choose a minimum of 1 course in each category)

Category 1: Physical Wellness

Dept	Number	Course Title	Credits	Grade	Sem/Year Completed	TR Course <input checked="" type="checkbox"/>	Transfer Institution
HNES	100	Concepts of Fitness and Wellness	2				
HNES	217	Personal and Community Health	3				
HNES	200	Principles of Nutrition	3				

Category 2: Emotional/Mental/Spiritual Wellness

Dept	Number	Course Title	Credits	Grade	Sem/Year Completed	TR Course <input checked="" type="checkbox"/>	Transfer Institution
EDUC	322	Educational Psychology	3				
HDFS	182	Wellness and Aging	3				
HDFS	242	Couples, Marriage and Families	3				
HDFS	462	Methods of Family Life Ed: Models/Crisis	3				

Category 3: Social Wellness

Dept	Number	Course Title	Credits	Grade	Sem/Year Completed	TR Course <input checked="" type="checkbox"/>	Transfer Institution
ADHM	410	Dress in World Cultures	3				
ADHM	411	Food and World Cultures	3				
ADHM	486	Dress and Human Behavior	3				

Category 4: Wellness and the Environment

Dept	Number	Course Title	Credits	Grade	Sem/Year Completed	TR Course <input checked="" type="checkbox"/>	Transfer Institution
HDFS	186	Consumer and Society	3				
HDFS	357	Personal and Family Finance	3				
HNES	427	Leisure and Society	3				

Be sure to officially declare your minor by completing the **Change of Undergraduate Major, Minor, Certificate or Advisor** form and submitting to Bison Connection or Registration and Records. This form is not used to declare your minor intent.