

COLLEGE OF HUMAN DEVELOPMENT AND EDUCATION

INDIVIDUAL AND FAMILY WELLNESS MINOR:

College of Human Development and Education

A minimum of 16 credits is required for this minor. You are required to complete HD&E 220, one course from each category, and additional courses from the list as needed for the 16 credits.

	Credits
HD&E 220 Individual and Family Wellness	2
Choose one of the following:	
CDFS 186 Consumer and Society	3
CDFS 357 Personal and Family Finance	3
HNES 270 Consumer Issues in Food and Nutrition	3
HNES 427 Leisure and Society	3
Choose one of the following:	
CDFS 242 Marriage and the Family	3
CDFS 483 Family Wellness	3
EDUC 480 Stress Management	2
H&CE 468 Family Life and Adult Education Programs	3
Choose one of the following:	
CDFS 182 Wellness and Aging	3
NUTR 240 Principles of Nutrition	3
HPER 100 Concepts of Fitness and Wellness	2
HPER 217 Personal and Community Health	3
Choose one of the following:	
ADFH 281 Aesthetics and Visual Analysis	3
ADFH 410 Dress and World Cultures	3
ADFH 411 Food and World Cultures	3
ADFH 486 Dress and Human Behavior	<u>3</u>
TOTAL (minimum)	16

(5-02-06)