

## WELLNESS

This minor is an integrative investigation of the wellness of today's complex society. It examines the interdisciplinary nature of human wellness and the means of optimizing lifelong wellness. A minor in wellness will provide students with knowledge and life skills to enhance the quality of their own lives in the critical areas discussed below.

A minor in wellness will promote wellness as an alternative to traditional treatment perspectives. Wellness is a critical issue in our society. The costs for physical and mental health continue to increase. However, the cost of problems in these areas expands far beyond the costs of treatment. The impact of wellness problems in the workplace, the effects of family relationship problems on children and the social costs of wellness problems are well documented. A strong focus on wellness can contribute to the prevention of many of these problems and their considerable social costs.

This minor provides individuals with a multi-system and interdisciplinary approach to wellness. Students from a variety of fields will gain a broader understanding of the role of wellness in their professional and personal lives.

The wellness minor will enhance students' skills in their major field by providing a focus on prevention and wellness applications. Students gain knowledge and skills in a number of wellness areas, including stress management, fitness, financial wellness, family enrichment, nutritional well-being and environmental wellness. This minor can be a good addition to any major because wellness is an important part of life and has been shown to impact professional success.

### The Curriculum

The wellness minor consists of a minimum of 18 credits. Students choose credits from the listed courses. A minimum of eight credits must be taken at North Dakota State University for the minor to be awarded.

## Wellness Minor Requirements

Required Courses:	Credits
HNES 111 Wellness	3
HDFS 186 Consumer and Society	3
HDFS 242 Couples, Marriages and Families	3
ADHM 410 Dress in World Cultures or ADHM 411 Food and World Cultures	3
<b>Elective Courses:</b> <i>Select 2 of the following. Courses cannot be from the major area of study.</i>	6
ADHM 486 Dress and Human Behavior	
COMM 212 Interpersonal Communication	
HNES 200 Principles of Nutrition	
HNES 217 Personal and Community Health	
RELS 100 World Religions	
SOC 115 Social Problems	
SOC 214 Social Interaction	
<b>Total Credits</b>	<b>18</b>

View NDSU equivalencies of transfer courses at:  
[www.ndsu.edu/transfer/equivalencies](http://www.ndsu.edu/transfer/equivalencies)

### For Further Information

#### MAILING ADDRESS

College of Human Sciences and Education  
NDSU Dept 2600  
PO Box 6050  
Fargo, ND 58108-6050

#### DEPT PHONE

(701) 231-8211

#### DEPT WEBSITE

[www.ndsu.edu/hse/](http://www.ndsu.edu/hse/)