

Minor

Health and Wellness Minor

J. Kyle Davis, Health and Wellness Minor Coordinator
1005 Student Recreation Center
757 683-4754
jkdavis@odu.edu

The Health and Wellness interdisciplinary minor explores personal involvement in and commitment to health and wellness and the factors that influence the health status of individuals and society. This interdisciplinary minor fosters an appreciation for personal responsibility for health and strategies to enhance and preserve the individual's and the public's health. Societal health and the factors that impact on the health and wellness of a community and the individual's role in health policy are examined. Students gain an awareness of the cultural, psychological, sociological and ethical issues affecting and effected by the health and wellness of individuals and the society in which they live.

Requirements

Select four courses from the following (chosen from at least two disciplines with a maximum of six credit hours from any one discipline): 12

HLSC 425	Health Aspects of Aging
HLSC 465	Policy and Politics of Health
CRJS 401	Understanding Violence
CRJS/SOC 421	Deviant Behavior
CRJS/SOC 427	Gender-Based Violence
CRJS/SOC 441	Drugs and Society
EXSC 403	Lifetime Fitness and Wellness
EXSC 408	Nutrition for Fitness and Sport
EXSC 415	Exercise Testing for Normal and Special Populations
EXSC 431W	Wellness Programming and Administration
HLSC 405	Interprofessional Study Abroad on Global Health
HPE 317	Human Growth & Motor Development
HPE 400	Management Skills for Teaching Health and Physical Education
HPE 402	Methods and Materials in Health Education
HPE 409	Physiology of Exercise
HPE 430	Nutrition and Fitness Education
HMSV 341	Introduction to Human Services
HMSV 491	Family Guidance
PHIL 345E	Bioethics
PSYC 306	Health Psychology
PSYC 325	Drugs and Behavior
PSYC 351	Child Psychology
PSYC 353	The Psychology of Adulthood and Aging
PSYC 363	Psychology of Sex
PSYC 405	Psychopathology
PSYC 408	Theories of Personality
PSYC 410	Human Cognition
PSYC 420	Cross-Cultural Psychology
PSYC 424	Physiological Psychology
PSYC 460	Psychology of African Americans
SOC 440	Health, Illness, and Society

SPED 313	Fundamentals of Human Growth and Development: Birth through Adolescence
PUBH 360	Introduction to Global Health

The interdisciplinary minor in Health and Wellness requires 12 credit hours of 300/400-level courses selected from at least two different disciplines with a maximum of six credits from any one discipline. For completion of the interdisciplinary minor, students must have a minimum overall cumulative grade point average of 2.00 in all courses specified as a requirement for the minor exclusive of lower-level courses and prerequisite courses. At least six hours of upper-level courses must be taken through courses offered by Old Dominion University. Three credit hours may be in the major, if a major course is listed as an option for the interdisciplinary minor. As such, it will be credited toward both the major and the interdisciplinary minor.