

Plymouth State University **ACADEMIC MINOR REQUIREMENTS**  
**HEALTH MINOR 2005-2006**

Student: \_\_\_\_\_  
 Student ID: \_\_\_\_\_  
 Enrollment Date: \_\_\_\_\_

Department: **Health and Human Performance**  
 Total semester hours required: 16.5  
 Total semester hours transferred: \_\_\_\_\_

Plymouth Requirements	Credits	Gen Ed	Transfer Course (Title)	Credits	To Be Taken
HE 2500 First Aid and CPR/AED	1.5				
PE 2560 Personal Wellness	3				
Complete <b>either</b> ( <i>three</i> Content Courses and <i>one</i> Professional Preparation Course) <b>or</b> ( <i>four</i> Content Courses).					
<i>Content Courses - complete <b>three</b> or <b>four</b> of the following:</i>	9 - 12				
HE 3200 Stress Management		WECO			
HE 3210 Mental Health Issues					
HE 3700 Drug Behavior					
HE 3710 Sex and Family Living Education					
HE 4100 Women's Health Issues					
PE 3230 Exercise Theory and Programming *		INCO			
HE 3220 Applied Nutrition for Exercise & Wellness <b>or</b> NS 2410 Nutrition					
<i>Professional Prep Course - complete <b>one</b> of the following:</i>	3 - 0	(Optional)			
HE 3750 Wellness Skills for Health Professionals					
HE 3760 Program Planning for Health Promotion					

\* PE3230 Exercise Theory and Programming is for non-Athletic Training and Physical Education majors only.  
 Note: Students take **either** three Content Courses and one Professional Preparation Course **or** four Content Courses.

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 Department Evaluator

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 Director of Curriculum Support