

Plymouth State University **ACADEMIC MINOR REQUIREMENTS**  
**HEALTH MINOR 2008-2009**

Student: \_\_\_\_\_  
 Student ID: \_\_\_\_\_  
 Enrollment Date: \_\_\_\_\_  
 Student Major/Option: \_\_\_\_\_

Department: **Health and Human Performance**  
 Total semester hours required: 16.5  
 Total semester hours transferred: \_\_\_\_\_  
 Catalog Used for Major/Option: \_\_\_\_\_

Plymouth Requirements	Credits	Gen Ed	Transfer Course (Title)	Credits	To Be Taken
HE 2500 First Aid and CPR/AED	1.5				
PE 2850 Wellness Choices for a Healthy, Active Lifestyle	3	WECO			
<i>Content Courses - complete <b>four</b> of the following:</i>	12				
HE 2900 Disease, Safety and Environment		WECO			
HE 3200 Stress Management		WECO			
HE 3210 Mental Health Issues		WECO			Falls
HE 3700 Drug Behavior		WECO			
HE 3710 Sex and Family Living Education					
HE 4100 Women's Health Issues		WECO			
PE 3260 Health Fitness Assessment & Programming					
PE 4010 Psychosocial Theories of Physical Activity		INCO			Springs
BI 2410 Nutrition <b>or</b>					Odd Springs
HE 3220 Applied Nutrition for Healthy Living					

*Note: Students with a minor must complete six credits of upper-level courses outside the major discipline.*